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## Klipsun Magazine, 1996, Volume 26, Issue 02 - January

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*Western Washington University*

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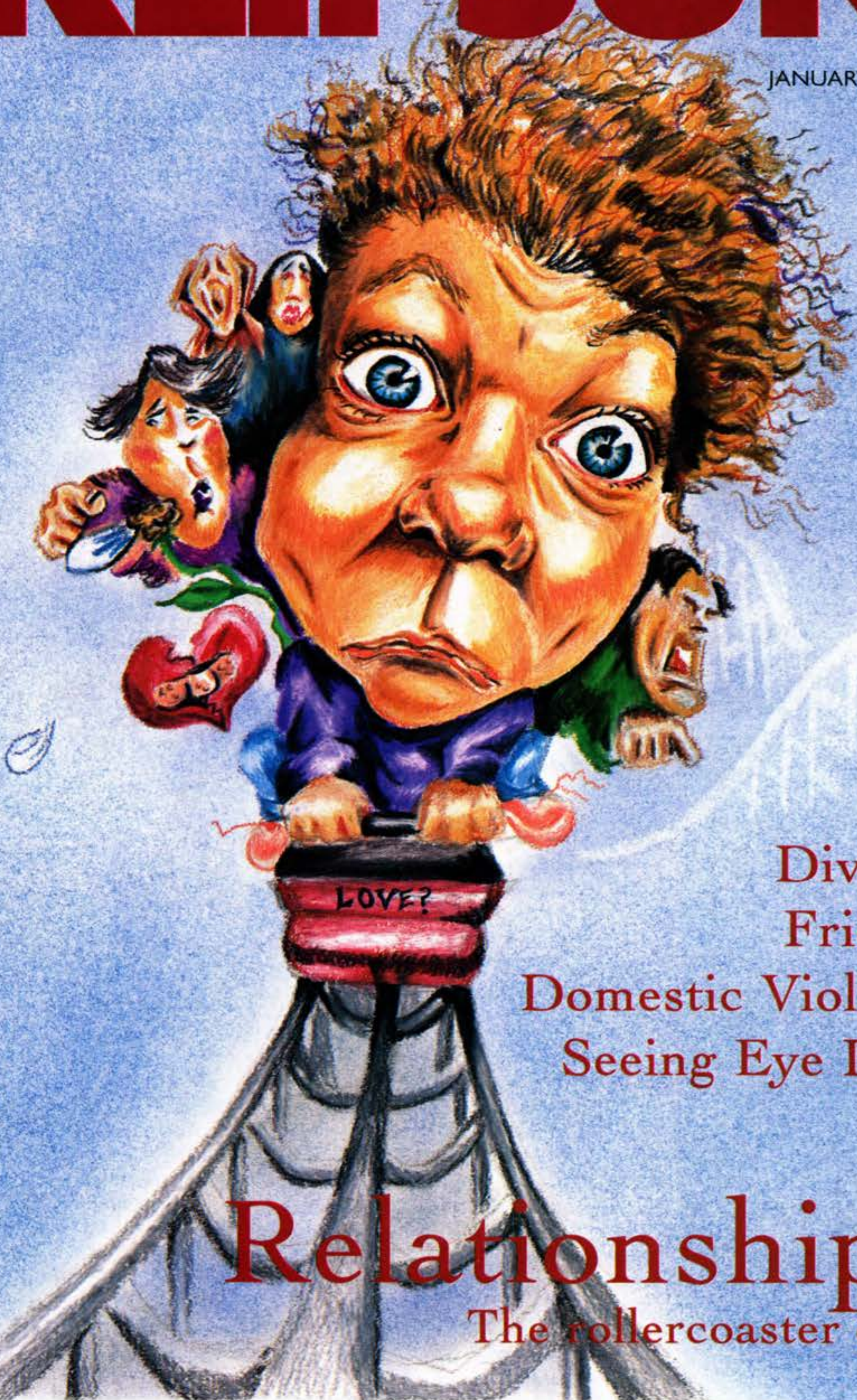
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# KLIPSUN

JANUARY 1996



Divorce  
Friends  
Domestic Violence  
Seeing Eye Dogs

Relationships:  
The rollercoaster of life



# KLIPSUN

Western Washington  
University

Volume 26, Issue 2

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## EDITOR'S NOTE

### The Relationship Factor

*"Many poets have said that love asks nothing, but I submit to you today that love demands everything."*

— Judge Donna Hitchens, Superior Court, Valentine's Day, 1991

I'll admit it. I'm a quote person. I'll read a great quote and immediately write it down and either hang it on a wall somewhere, tuck it in a notebook or write it in big bright letters on the side of an old pair of tennis shoes. No joke.

So, when I read the above quote, I grabbed the nearest scrap of paper and wrote with great flourish. And, after reading it again a few days ago, I thought: 'This will be perfect for our relationship section.' Because, whoever said love solves everything really didn't know what they were talking about. Other factors almost always come into play. You know: reality.

For some, relationships are unhealthy, as in the case of domestic violence. Their partners verbally, emotionally and physically abuse them. Abusers try to control their partners through physical violence and other forms of abuse. This unhealthy factor constantly divides and diminishes strength and self esteem. The domestic violence reports in police logs in any city have an underlying concern — fear. The women in the reports voice the fear that their partners will retaliate by killing them or hurting them more if they file charges.

On page 8 is a story about professional athletes who abuse their partners. Unfortunately, something called 'status' and 'image' helps protect these men even further from paying the consequences of their actions.

Another harsh reality of life is divorce. Some have equated this to the death of a loved one. Whether we've been through a divorce or know people who have, such as our parents, we know it can bring many new difficulties and challenges to life. But, as the story on page 6 points out, after the emotional turmoil of breaking up, there can be light at the end of the tunnel.

Also in the relationship section: a story about the special relationship between a blind woman and her Seeing Eye dog. And the first story on page 2

explores how our friends shape who we are.

Striving for healthy and meaningful relationships is vital if we want happiness, yet sometimes the freedom to love another becomes threatened by others. When same-sex couples are harassed because of who they love, then discrimination comes into play.

These negative responses to homosexuality — shrouded in "morality" doctrine — take on many forms, including snide comments, discrimination that's written in laws and outright violence. Harassment happens in public, at work, school and yes, even at home. I think this denies humanity and contributes to an environment that keeps people in the closet.

And it's that much more difficult for adolescent gays, lesbians and bisexuals. Let's not forget what it was like in high school — Institution of the Free and Accepted. The suicide rate of gay and lesbian teens is two to three times higher than heterosexual teens, according to the U.S. Department of Health and Human Services.

On top of dealing with these negative attitudes, there is the task of working through other problems that arise in the course of all relationships, such as compatibility, growth and intimacy. We all deal with these things.

"Love demands everything."

Superior Court Judge Donna Hitchens uttered much wisdom five years ago when she married a record number of same-sex partners in San Francisco, the first time the city legally recognized non-heterosexual marriages.

Love requires work. It requires acceptance of other's differences. It demands equality and freedom from abuse and discrimination. In defining the way we think of relationships, it's important to build them, not destroy them.

— HEATHER KIMBROUGH



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## Friendship

I watched Abby's plane pull gently away from the terminal and out onto the runway. As the plane rumbled through the morning mist and leapt into the gray, winter sky, I felt uneasy.

The first time I saw Abby, she was a wide-eyed third-grader who would eventually teach me a great deal about friendship. It was my first day in an American school, and I was terrified.

During my introduction to Mrs. White's class, I kept my chin close to my chest and my eyes on my toes. As I was presented to the students, a wave of silence overtook the classroom. Daily conversation was suddenly washed away by an unsettling silence, broken up by short bursts of nasal-fluid intake and the sound of friction-prone corduroy.

I'm not sure what I was thinking when I finally looked up. But when I did, the first thing I saw was Abby's smile.

Now, 12 years later, she was leaving for New York to become a broker.

I never thought about what being friends really meant until that moment. Abby was more than someone to talk to and share my life with. She was a time and place where I could find and define myself, and in doing that I realized we had shared the most unique aspects of our personalities.

As I looked at my other friends, it became apparent to me that personality traits are contagious.

Over the years I've noticed a transference of personalities within my circle of friends. I saw an unhealthy portion of Sam's sick humor in Laura, and Rachel's bitchy attitude has often taken over Kimmi's child-like shyness. I saw a lot of Cameron's amiable disposition in Kate, and I watched Kate's out-going personality energize our group.

Abby, myself and the others were all pieces of the same puzzle.

And although the pieces sometimes

changed shapes and sizes, the picture always stayed pretty much the same.

Ann Landers writes in her Encyclopedia that close friends have personality traits they admire about each other. She says that, as a friendship develops, it is common for one friend to adopt a trait from the other and vice versa. Best friends will tend to repeat this process throughout their relationship, each time renewing or revitalizing the friendship,



Landers says.

Sitting on a partially dry bench under an overcast sky, art student Eric Benson analyzes his friendships.

"It's natural to start acting like your friends after awhile. I catch myself doing it sometimes," Benson said, wincing with embarrassment. "It's hard to say why it happens. It just does."

Biology major Shelly Conners laughs as she points to a picture of her best friend in a high school yearbook.

"Look. She had feather hair! Nancy and I grew up together, and I do admire her. She never lets anybody take advantage of her. I, on the other hand, was shy. But being friends with Nancy has helped

Trading personality traits like kids trading baseball cards.

BY LOC V. NGUYEN

me become more assertive," Conners said.

"I remember being on a date with this guy who wanted more than I was willing to offer. I changed his mind really quick with some very loud and persuasive language. I'm positive that I picked that language up from Nancy. She's given me a lot," Conners concluded.

Education major Wynne Nguyen credits his good friend Darren for changing his below-average study habits.

"I used to be a slacker," Nguyen said, "but ever since I've been hanging around my friend Darren, who's a good student, I've been doing better in school. Too bad for him. I've been rubbing off on him 'cause his grades have slipped a little."

Student Kara Alberts sees her relationships with her best friends as opportunities to define herself and ultimately arrive at an understanding of who she is.

"Being around real friends brings out the honest me — both the good and bad." A smile eases Alberts' thoughtful gaze as she continues, "I feel closer to who I really am with my friends. I see myself in them, and who they are is in me."

As Abby's plane faded into a blinking dot in the sky, I realized the time we spent together shaped who I am.

We had spent 12 years trading personality traits like kids trading baseball cards, and without our friendship I would be a different person. And that just wouldn't be right because I like being me. I have Abby partly to thank for that. **K**

ILLUSTRATION BY KELLY JACKSON



# SEEING THE WORLD THROUGH CANINE EYES

Photographs by Loc Nguyen



A look at the relationship between  
a blind woman and her dog.



BY SEAN KING

Instead of a simple, ordinary relationship with a pet that many people experience or are familiar with, a Seeing Eye dog and its blind owner share an intense interaction, which is based mainly on trust. It's a relationship so unique and special, only those involved in this type of position can truly comprehend or appreciate the bond.

One individual familiar with this powerful connection is Bellingham resident Jo Ellen Bartin. Bartin, a retired schoolteacher and former nurse's aide, lost her sight in 1980 and turned to a Seeing Eye dog for support one year later. Bartin has now owned two Seeing Eye dogs at different times.

"I'm one of the older ones," Bartin said. "I'm already 72 years old. Most people my age don't have guide dogs because they require too much attention and activity."

When Bartin lost her sight she was sent to Seattle by the

state to learn how to use a cane and the transit system.

However, after a near-fatal accident, Bartin realized she needed more than just a cane to assist and allow her to function safely in public.

One day when Bartin was walking down the sidewalk, she slipped off the curb and into the street. Bartin fell face down in a lane of passing traffic.

"The wheels of the cars were rushing by my head," Bartin said. "I got up, got turned around and got oriented, and decided I wasn't going to be alone anymore. I told myself: 'It is time to get a dog.'"

In 1981 Bartin looked into obtaining a Seeing Eye dog. In order to be considered, Bartin had to go through an extensive process. The first step was having a letter of recommendation from her doctor sent to a Seeing Eye dog school. Next, she had to fill out an application requesting a dog. In addition, Bartin



# RELATIONSHIPS

had to undergo physical examinations as well as obtain other letters of recommendation from non-related people.

"Everything went very smoothly," Bartin said. "In 1982 I was told I could go to Seeing Eye in Morristown, New Jersey." She said the school provided her with transportation to the school.

After she arrived, Bartin underwent more testing in order to find a dog that would be compatible with her lifestyle. They tested the amount of walking she would be doing, her stride length, her likes and dislikes, and then matched her with a dog accordingly.

Bartin said only about 50 percent of dogs brought to Seeing Eye dog training schools pass and become distributed to blind people. Before the dogs come to the training schools, they receive preliminary training at various nationwide 4-H centers.

Individuals who receive Seeing Eye dogs do not have to pay for them. Bartin said both of her dogs were paid for through money collected from fund-raisers organized by Seeing Eye.

When applying for a dog for the first time, Bartin said recipients usually spend about 30 days at the school. Getting her second dog required less time, only 15 days, since she was a former recipient and therefore didn't have to undergo the preliminary steps.

Most of the time spent at the school is devoted to creating a bond between a dog and its potential owner.

"The initial reaction between the dog and the recipient is quite noticeable and is a part of the decision as to whether the dog will fit or not," Bartin said.

If a distinct connection takes place, the trainer gives the

person the dog. If an obviously mutual acceptance does not occur over the allotted time, the individual is denied the dog and must redo the process until a match is made.

Bartin's first dog was a Golden Retriever named Magic. She had Magic for almost nine years. Bartin said the two of them bonded right away and became very fond of each other. As she described Magic's appearance, she pointed to a picture of a similar-looking dog on the front of her sweatshirt. When Magic was 10, he became very ill and was put to sleep.

"That is the most difficult part of having a dog," Bartin said with a soft voice. "At that time, I told myself, 'I'm not going to go through that again, and I'm not going to get another dog.'"

However, Bartin said soon after Magic's death, her husband encouraged her to make arrangements to get another dog. Emotionally drained, Bartin didn't believe she could go through the process again. Nonetheless, she went back to Seeing Eye.

"I decided it was an honor to my dog (Magic) that I went after another dog because I was saying, 'I really needed you,'" Bartin said with pride.

Bartin was matched this time with a yellow Labrador named Audrey. She is medium-sized, smooth-haired, somewhat reserved and has belonged to Bartin for four years so far. Bartin said Audrey and her really click when they're together, and that they made an immediate connection just as she and Magic did.

"When you have a dog that is really working for you, it's not like a person and a dog. You're a team. A unit. Having a dog down by your side you can walk along just like anyone else, knowing you have intelligence and sharp eyes beside you

Previous page: Audrey the Seeing Eye dog.  
Photo to the right and below: Bellingham as seen by  
Audrey. Opposite page: Audrey's friend, Jo Ellen  
Bartin.





not letting you get into trouble."

Bartin said guide dogs aren't for everyone because of the amount of confidence the owner must place in the dog. She said many people don't feel completely comfortable relying on an animal for guidance.

Bartin added that even though a dog can provide direction, it's still extremely important for the owner to be aware of their surroundings.

"You still have to know where you are and where you're going. You have to know the corners and the streets," Bartin said.

Bartin trusted both of her dogs immediately, she said. When Audrey initially met Bartin, the dog walked right over and sat beside her. Audrey wanted to play at first, but then sprawled out along-side Bartin and begged for affection.

"We became friends quickly," Bartin said. "She didn't become frenzied. She was just right with me. It's just good to have a pal by your side."

Bartin said when the harness is off Audrey they are like two friends spending time together and Audrey acts like a typical dog. But, when the harness is put back on, she knows it is time to be serious.

"Once Audrey gets that harness on, she is a different dog," Bartin said. "That's business. Audrey has adjusted well. She understands when it's time to play and when it's time for work."

Bartin said Audrey is permitted everywhere she needs to go, even in restaurants. Audrey sits at her feet and the

people usually don't even notice a dog is with her, Bartin added.

Bartin said she and Audrey feel accepted when they go out in public. Individuals they confront on a regular basis always look forward to seeing them. Bartin laughed as she reminisced about a time when she and Audrey went to the pharmacy and the pharmacist gave Audrey a cookie. After Audrey gobbled it down, she just stared and whimpered at the pharmacist hoping for another. Now, Audrey receives a treat each time she visits the pharmacy.

Bartin and Audrey are inseparable. The two go everywhere together, and Bartin said having Audrey allows her to do the things she needs to.

"Audrey gives me freedom, independence and security," Bartin said, as she showed her appreciation by petting Audrey.

Bartin said she and Audrey continually learn more about each other, and like people, Audrey picks up on new things all the time.

Bartin said it is common for dogs to fall out of training

and forget their responsibilities to their owners, but Audrey has stayed focused and has learned to grow from her mistakes. Bartin said it is especially important for strangers to ignore Seeing Eye dogs. If a dog is pre-

occupied with someone other than the owner, it's likely to become distracted and forget its responsibilities.

"We have certain exercises we go through each day," Bartin said, as she got out of her chair to give a demonstration. Bartin walked to the middle of the living room and commanded Audrey to join her. She then instructed Audrey, in sequence, to sit, walk around her body and stand by her side.

"Good girl," Bartin said, as Audrey stood patiently by her side awaiting the next command. "Now rest," Bartin said.

"We do those as a daily implantation of her commands. She has others, too, that we go through," Bartin said as she made her way back to her recliner and sat down. Audrey followed and curled up in a ball by Bartin's feet.

"When we go out, Audrey responds well," Bartin said. "She learns new things and adjusts quickly to the environment and situations."

Bartin said sometimes she thinks Audrey can understand the English language. Bartin chuckled as she shared a story about bathing Audrey for the first time. She said she had to lift Audrey's front half into the tub, and then had to go around to Audrey's back side and lift Audrey's rear into the tub. After going through this process once, Bartin learned Audrey was capable of understanding and responding to the command "jump into the tub."

"I learn from her personality and habits, and she learns from mine," Bartin said as she continued laughing.

Bartin said she and Audrey are meant to be together and that she has never regretted going back to Seeing Eye after the death of Magic. Without Audrey she believes she would be confined to the house.

"Having Audrey gives me the freedom to go places whenever I want to and a sense of security," Bartin said.

"Audrey is not only my Seeing Eye dog, but a great friend, too." **K**



"When you have a dog ... you can walk along just like anyone else, knowing you have intelligence and sharp eyes beside you ..."



## DIVORCE

# Picking up the Pieces

BY WILL HUTTO

For many people who are recently divorced, life is a day-to-day battle for mental and emotional survival.

Divorce from a spouse haunts their existence to the core, and at the same time drives them forward in their need to establish new identities, new relationships and new strengths.

In his book "Creative Divorce," Mel Krantzler writes that most divorced people will experience prolonged, devastating depression. However, in time, the human body develops a natural drive toward physical and emotional health. It is this natural push to bounce back, Krantzler writes, that gives birth to the positive attitude needed to seek a new beginning.

Patti Rathbun, 42, was a stay-at-home wife and mother during her marriage. When it came to an end, she worked in a sewing shop for awhile and then called the local community college to get admission information.

"My whole identity for 15 years had been that of wife and mother. Although still a mother, I was no longer a wife. I liked being a student and that was what my identity became," Rathbun said, moving forward in her chair.

"The toughest thing I've ever had to go through was leaving my three beautiful children. It was a direct result of the divorce. I was unable, emotion-

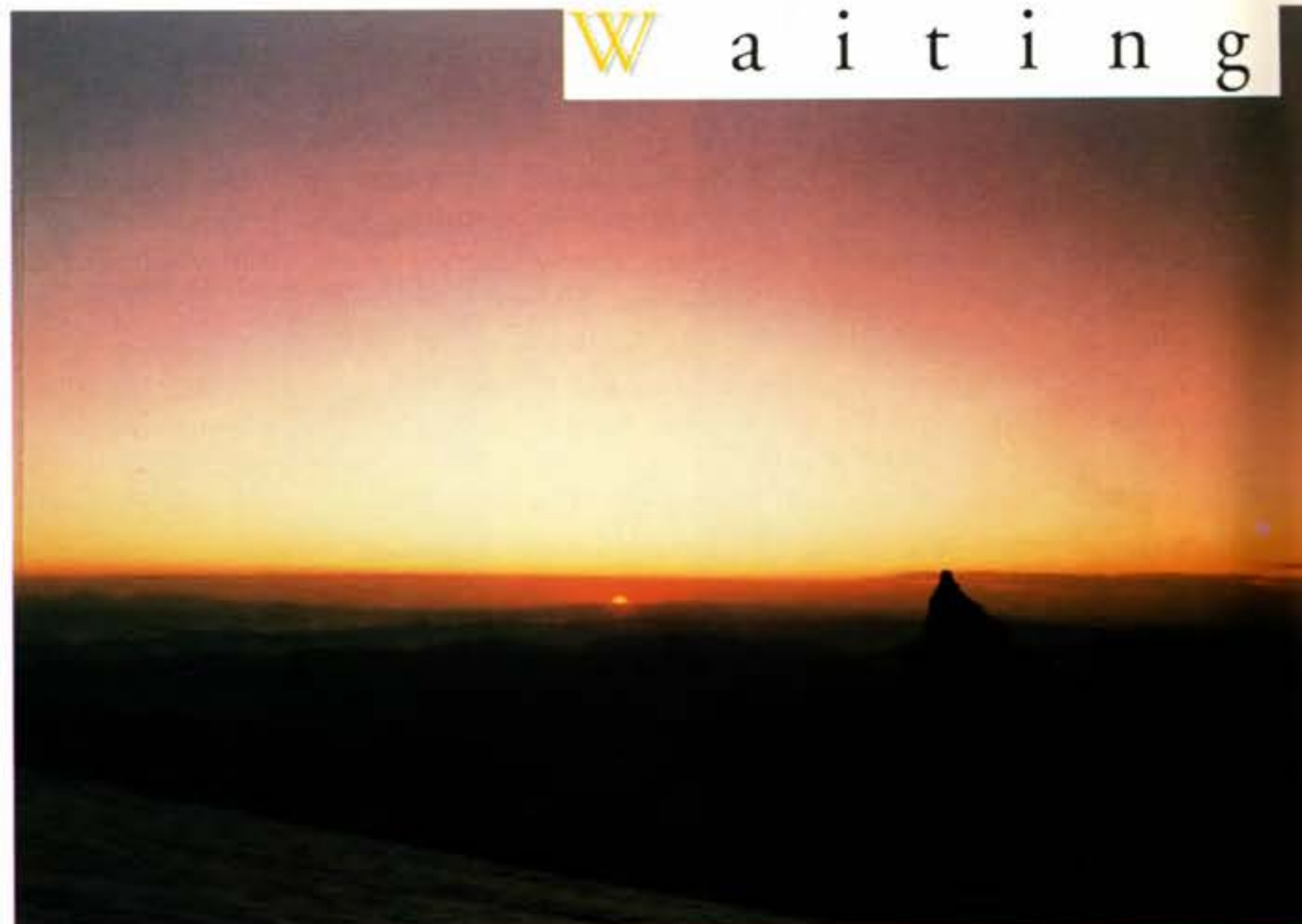
ally and financially, to take them with me, and I refused to drag them through a very messy custody battle," she said reserved-like.

"Sometimes the depression was like a black hole that kept getting bigger and bigger, and then you became the hole. It takes a long time to recover (from divorce), and I doubt if a person ever really recovers completely. I still suffer from Delayed Stress Syndrome from staying in an abusive relationship for so long," Rathbun said. "Contrary

to what some may think, just leaving the relationship didn't solve all my problems. I get angry with what I still have to deal with seven years later from the effects of that abuse."

Rathbun graduated from Fairhaven College in the spring of 1993, with a degree in writing, photography and social change. She is now working on a masters degree in adult education and plans to graduate from Woodring College of Education in the spring of 1996.

W a i t i n g



Photograph courtesy of Ryan P. Hovde



"I am still amazed at myself that I managed to get where I am while recovering from a divorce. I would say it was how I survived," Rathbun explained. "Self-esteem and assertiveness are two other positive aspects of my divorce. I am very good now at finding and using the resources I need to make the life I want to have."

Michael King, associate director for psychological services at Western, believes divorce can have positive results.

"The positive benefit that comes to mind first is the relief, which comes from getting out of a destructive relationship. Sometimes a relationship has become fairly toxic and people are sim-

ply relieved that it is over," King said. "It also causes some folks to do some deep thinking and self-examining over what went wrong. Once the marriage is over, it gives the parties involved a chance to step back and evaluate their part in why things didn't work out. This can often contribute to self-growth."

Most people who get divorced feel a huge loss, equal to that of a loved one dying. With loss in general, some specific tasks are involved in recovering. King said one of these tasks is to admit that it has happened and accept the reality of the situation. Often a death or divorce will be followed by a period in which a person denies it is really happening.

Probably the biggest task is to face the mourning period and feel the feelings, and not avoid the feelings by staying drunk, getting into other relationships and so on. It is going to hurt and that should not be avoided, King said. He added that the pain is steady for a while, but in time it comes and goes.

"Eventually, the task is to rebuild so that the relationship becomes an event of the past. Certain questions come to mind:

Who am I? How do I get a social life? How do I not get lonely?

"This could be a sort of rebirth for some people," King said in a calm voice.

If a marriage is abusive, King said it is generally not a healthy decision to continue with it.

"Education can help a person to establish a new identity after divorce. In my perception, this is fairly common," King said.

He believes that seeking education pushes a person to develop his or her intellect, which he says is a big step in gaining a new identity.

"You develop a whole new range of skills, which is very healthy. This is much better than staying drunk all the time," King said. "I think that more women seek education after divorce than men. Often in a marriage the man has had the greater opportunity to develop a career."

Getting involved in a career is also a way people work through divorce.

Krantzler describes his emotions about his own divorce in his book. He writes that his career as a family counselor was a key element in recovery.

"I can now see my divorce as the crisis that jolted me out of self-defeating behavior, which for most of my married life had gone unexamined," Krantzler wrote.

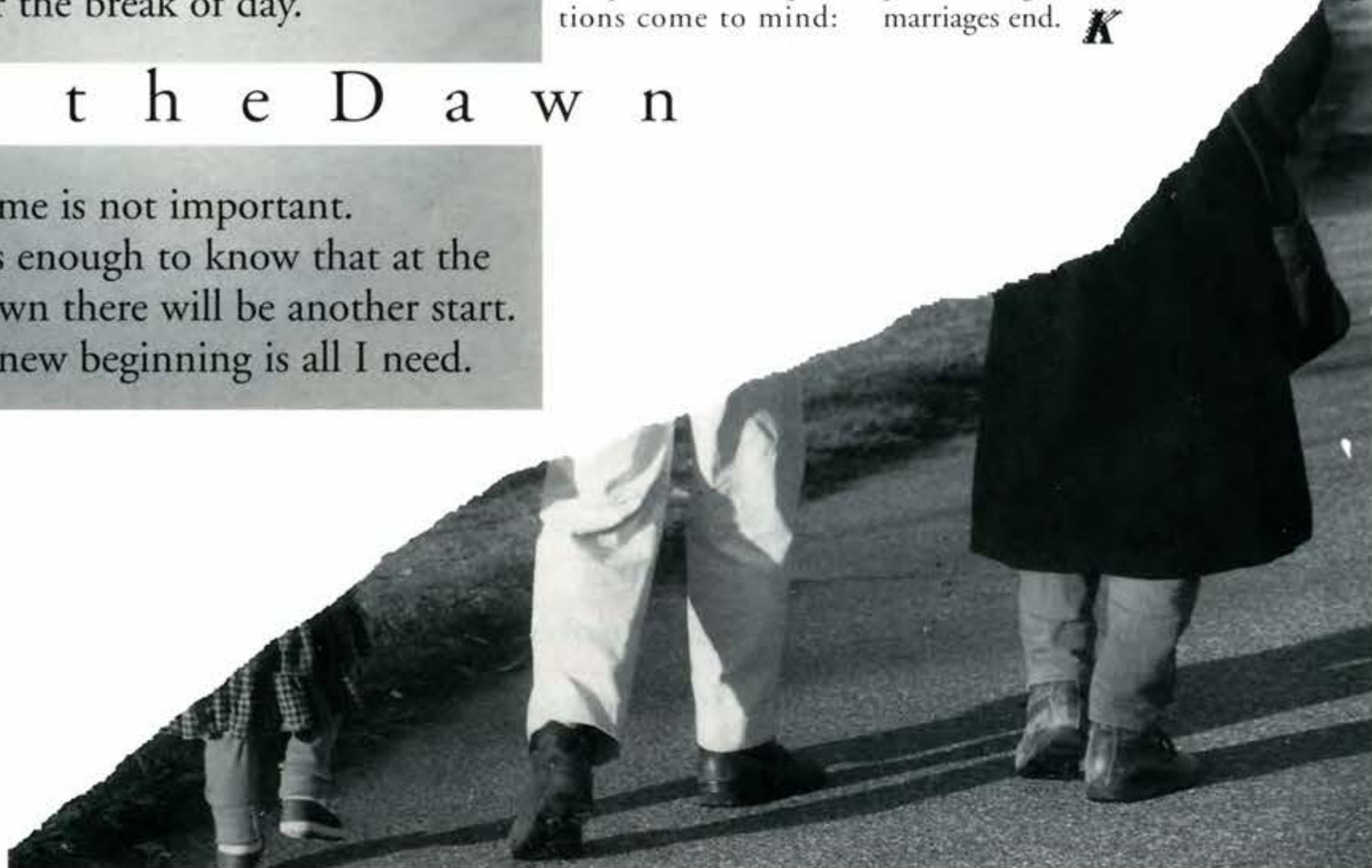
The road to recovery is a difficult one. But it is possible to pick up the pieces and go on with life, even though marriages end. **K**

### Poem by Will Hutto

I step back against the wall.  
I'm in a crowd of people  
I do not know,  
waiting to hear a song  
dreamed about the night  
before.  
Then I leave and walk out  
the door.  
Alone, I walk to the edge of  
the darkness and sit to wait  
for the break of day.

f o r t h e D a w n

Time is not important.  
It's enough to know that at the  
dawn there will be another start.  
A new beginning is all I need.



Photograph by Ellen Kellor



BY Stephanie Thomson

# Unnecessary

*Lisa Strawberry heard the apologies countless times during her marriage to professional baseball player Darryl Strawberry.*

*Each time it was the same — after he pulled a knife on her, after he pointed a gun at her, after he punched her and screamed and threatened. Over and over, he would apologize.*

*“Oh, I don’t know what came over me,” he’d say. “I’m sorry, it will never happen again.”*

*For eight years, she forgave him. And why not? She loved him, trusted him, wanted to believe he would change. This was prior to the drug problems and tax scandals that have turned him into baseball’s best punch line. This was during his glory days, when he was the savior of New York — and when he could do no wrong in the eyes of millions of fans.*



*Then one night he came home drunk and started beating her in front of their young son. And that was it. Lisa grabbed some clothes, their two kids and headed to the airport. Two years later, she would say what finally made her realize she had to leave.*

*"I didn't want my son to grow up," she said, "thinking it was OK for a husband to batter his wife."*

Professional sports has grown into a billion-dollar industry in this country, and there is a disturbing trend among some of its most famous employees.

It has become routine to pick up the sports section and read about yet another high-profile athlete who has been charged with beating his wife or girlfriend. In the past three years, the list of the accused has grown to encompass personalities from all kinds of sports: Warren Moon (football), Robert Parish, Scottie Pippen, Rod Strickland, Olyden Polynice and Michael Cooper (basketball), Mark Fitzpatrick (hockey), Jose Canseco, Barry Bonds, Dante Bichette and Bobby Cox (baseball) and John Daly (golf).

Gender-based violence is a societal ill found in every corner of the globe, but the recent cases among sports figures have posed some troubling questions about the greater likelihood that athletes will abuse their spouses.

Writing as a feminist who has spent her college years preparing to apply for a job as a sports-writer, I'm especially disturbed by this trend. Why

would anyone willingly enter a profession where she has to deal with people who have such a blatant lack of respect for women, and who rarely face any consequences for their actions? That question has been running through my mind lately.

The apathetic reaction from the respective leagues and fans has been depressing as well. Sure, there has been the occasional press conference, where some suit will drone on about how domestic violence cannot be tolerated. But those statements have fallen on deaf ears, and the abuse continues.

In its July 31 issue, *Sports Illustrated* became the first sports publication to really address the issue with its investigative article entitled, "Sports' Dirty Secret."

The story detailed the events leading up to and following 7-year-old Jeffrey Moon's call to 9-1-1. How he saw his father Warren, who

What do these women have in common?

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**Pamela Cox**

**Nancy Saad**

**Felicia Moon**

**Yvette DeLeone**

**Lisa Strawberry**



# RELATIONSHIPS

Each claims she  
was abused ...  
by one of these  
pro athletes

**Bobby Cox**

**Robert Parish**

**Warren Moon**

**Scottie Pippen**

**Darryl  
Strawberry**

was the NFL's Man of the Year in 1989 and also a recipient of Houston's Father of the Year award, choking his mother to the point where she almost passed out.

How his mother Felicia managed to escape and drive off with Warren and the police in pursuit. And then how Felicia sat on the couch in the Moon's suburban Houston home three days later, her hands folded in her lap as her husband solemnly admitted he had made a "tremendous mistake" in assaulting his wife of 14 years.

*Sports Illustrated* also had an exclusive interview with Nancy Saad, who described some of the darker moments of a 10-year relationship with former Boston Celtic Robert "The Chief" Parish. Twice, including once when she was pregnant with their now 13-year-old son, Parish knocked her down a flight of stairs. The second time it happened, she left him for good.

But that didn't stop the abuse. A year later, she visited him at a Los Angeles hotel where he was staying during the 1987 NBA Finals to discuss his bare-minimum child-support payments. He beat her until she was unconscious, and she still doesn't know who took her to the hospital. She does know she stayed there for seven days, and the beating has left her with "chronic headaches and convulsions."

*SI* associate editor Lester Munson checked out Saad's story with a number of sources: hospital

Such cases have prompted a call for serious research into the subject. While grants are being issued for studies on the connection between athletes and violence, and it's too soon to reach any solid conclusions, *SI* did cite a recent case study from the University of Massachusetts and Northeastern. Researchers studied 107 cases of sexual assault over a two-year period from 30 Division I schools, and their conclusion was, "male college student-athletes, compared to the rest of the male student population, are responsible for a significantly higher percentage of the sexual assaults ... specifically, while male student-athletes at 10 of those schools made up only 3.3 percent of the total male student body, they were involved in 19 percent of the assaults."

Two main reasons are given as to why athletes may be more prone to violence against women: the dominance theory, and, in the words of *SI*, the macho subworld of the American athlete.

"An athlete cherishes nothing more than control over an opponent, and nothing lifts him higher than the sense that he has attained that control," wrote William Nack in *SI*. "... The pursuit of dominance lies at the heart of all athletic contests, and it happens to be the animating force behind the men who batter their women."

The subworld of an athlete, writes Nack, is one "where sexist machospeak and the demeaning of



**Bobby Cox**

Arrested May 1995

Charge:

**simple  
battery**

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records, witnesses from the hotel and Celtics who would not confirm the claims, but would not deny them either. Everything Saad said proved to be true, and Parish issued a "no comment" statement through his representative.

women have been the means by which men express their maleness. It is a closed culture, shot through with incessant messages of male supremacy, a sermon that drones like Muzak in the national church of sport."



Nack quoted Todd Crosset, an assistant professor of sports management at the University of Massachusetts.

"Part of the male athlete's subworld is not to be a woman. Women are degraded," says Crosset. "You don't want to be skirt-of-the-week. You don't want to be a wimp, a sissy. To be a man is not to be a woman. Women are not to be respected. Women are despised."

Consider these statements made by high-profile sports figures: In 1988, Indiana Hoosiers coach Bob Knight told Connie Chung on national television, "I think if rape is inevitable, relax and enjoy it." In 1990, Charles Barkley said to reporters, after a close loss, "This is a game that, if you lose, you go home and beat your wife." Soon after, Penn State football coach Joe Paterno, after a loss, said, "I'm going to go home and beat my wife."

Later, Barkley and Paterno half-heartedly apologized for their statements, dismissing them as locker-room humor.

Their jokes fall painfully flat when Chicago Bulls forward Scottie Pippen is arrested the day after his team is knocked out of the playoffs on a charge of domestic battery. Or when Atlanta Braves man-

recent phone interview. "Unless they're involved in gambling. With Bobby Cox, there was no commissioner to discipline him. Players might be fined, but nothing has happened to Robert Parish or Warren Moon.

It's still too often treated with a wink and a nod."

Or a standing ovation — even in collegiate sports. That's what University of Nebraska running back Lawrence Phillips received after scoring a touchdown when he returned to the gridiron from a six-game suspension for attacking a former girlfriend.

As for irreverent fans, *SI* senior writer Gerry Callahan wrote: "Even after the secret life of O.J. Simpson was laid out, there remain vocal cretins who believe domestic abuse is a personal matter, no different from, say, religion or one's



## Warren Moon

Arrested July 1995

Charge:

**misdemeanor  
assault**

**K92XR5804065**

issue to face, and here are just a few possible solutions: besides providing therapy for the players, the governing bodies of the leagues should take a real stand on the issue.

Instead of running their mouths at press conferences and handing out measly fines, they should be issuing long-term suspensions or, better yet, kicking abusers out of the league if they don't seek immediate help.

As Callahan wrote, "Guys shouldn't beat up their wives or girlfriends, not once, not ever. Any athlete who beat his child would be roundly and rightly condemned, and men who beat their wives and girlfriends should be treated likewise. There is no gray area when a woman has a black eye. There are no points awarded if she declines to press charges or fails to document every detail of the abuse. And there sure shouldn't be a statute of limitations on kicking a pregnant woman down the stairs."

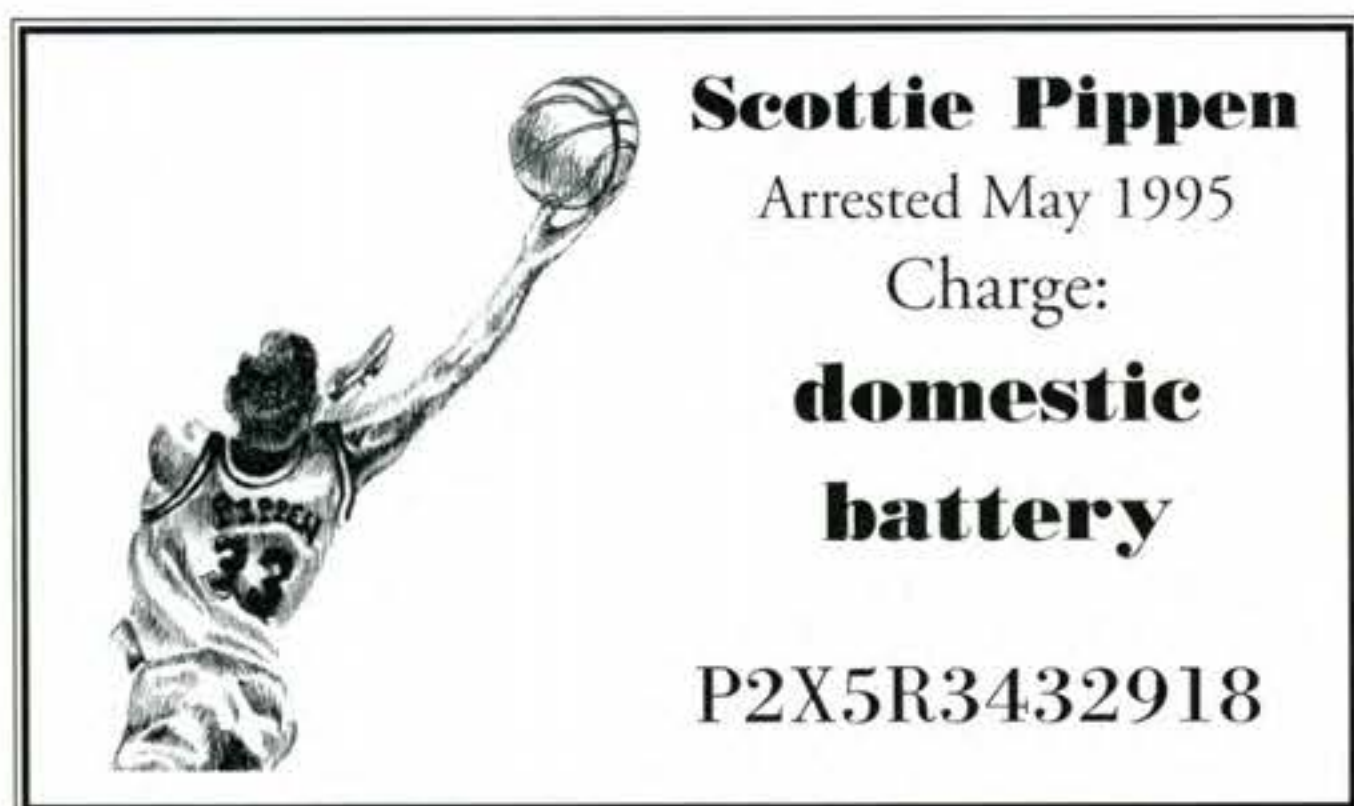
Mass media, by giving more attention to abuse cases, is bringing the subject into the spotlight. But it's going to fall on the shoulders of fans to put the pressure on.

After all, since sports is a business, the fans are consumers. And when the consumers are unhappy, changes will be made.

What if Scottie Pippen was met with a cold silence when he ran out on his home court? What if games were boycotted? What if the Boston Celtics were inundated with a million letters insisting they don't retire Parish's jersey?

It took Lisa Strawberry eight years to figure out her husband had a serious problem that wasn't going to just wash away, and it took Nancy Saad 10 years. Felicia Moon still hasn't figured it out. Neither has Pamela Cox.

So the real question is: How long will it take the league commissioners and the fans? **K**



ager Bobby Cox is arrested for punching his wife Pamela after his team loses a close game. Or when former Colorado Rockies pitcher Marcus Moore is charged with raping and assaulting his girlfriend the day after he gives up 10 earned runs and walks five batters in four innings during a game with the Rockies' class AAA affiliate team.

Even more troubling, perhaps, than the off-color remarks or the thought of athletes being more prone to violence is the reaction from some fans and the league commissioners. What did Bobby Cox receive for punching his wife? The World Series trophy.

"Almost nothing happens to coaches or managers," said Munson during a

recent phone interview, Callahan pointed out that Parish will return to the Boston Garden sometime this season with his new team, the Charlotte Hornets. Despite all of the evidence, there are still Celtics fans, he said, who don't believe Parish could commit such horrific acts.

"It was the usual Neanderthal response: '(Nancy Saad) is making it up; she's crazy,'" he said. "(When Parish returns) there will be a lot of people standing and cheering, 'The Chief! Our hero!' It's just ridiculous, because whatever he did on the court is just so completely irrelevant when you see the other side of him."

The power players in the big business of professional sports have a complex



# Cures for the common hangover

BY JAKE WARNICK



Klipsun/Loc Nguyen

As I struggle to consciousness and look around, I notice the walls appear to be closing in on me. I lie completely still, fearing one sudden movement may turn the dull roar of pain I feel inside my head into an excruciating horror that I don't have the ability to face this morning. The only thing that could force me out of bed is the dry cotton-mouthed feeling in my throat that seems in dire need of a glass of water.

I search my memory for the disastrous event that took place the night before, which caused such ache throughout my entire body. Not even a religious man, I begin to pray for help.

It wasn't a disastrous event; I just drank too much.

Many college students can relate to this experience. You indulge yourself a little too much on a Thursday, Friday or Saturday night and feel the repercussions the next morning. Hangovers show no prejudice for race, creed or color. Like the ball park in *Field of Dreams* — if you drink, it will come.

The effects of alcohol on the body are dramatic, and no time is that more evident than the morning after.

As with the flu, common cold, or even the hiccups, victims try hundreds of remedies to alleviate the pain of a hangover. Each person seems to have his or her own special secret.

Senior Mike DiMarco has an unusual approach. "For your basic catastrophic hangover, your best bet is to tell your

stomach who's boss. By downing something so incredibly noxious, you command your stomach to obey," DiMarco said.

"I usually do that by having a taco omelet, consisting of fried beef, eggs, lots of cheese, and hot salsa. The stomach, at that point, is so confused by the assortment of foods coming that early in the morning it's pummeled into submission. Grease is really the key."

Although grease may help DiMarco, Elva Giddings, Coordinator for Alcohol and Drug Counseling Assessment at Western, suggests it's probably not the healthiest approach.

"Typically what greasy food does is it coats your stomach lining with grease. I don't recommend that," Giddings said. "Many people react in a negative way in general to ingesting greasy stuff. Mixing that with alcohol kind of exacerbates the situation."

Senior Sara Cahill uses a less volatile approach. "The key for me the next morning after drinking too much is Hawaiian Punch and oatmeal cookies. I get pretty thirsty."

Giddings said the alcohol dehydrates by pulling water out of muscle tissue. When the body struggles to replenish itself, the deficiency created causes dehydration.

"Some water at night before you go to bed is not going to hurt at all," Giddings said. "Your body's probably going to like that because it's needing water replenishing. But don't drink too



much if you're feeling queasy. Most people know if you drink eight glasses of water in a row you're going to throw up."

Senior Mark Neal has a more militant approach to his hangovers. "Depends on what you've really got to do the next day. The best way to cure a hangover is drink another beer."

Giddings does not recommend this approach. Instead, she favors food that will help your stomach recover.

"Typically what I suggest is for people to eat something that's a complex carbohydrate because that takes longer for your body to break down," Giddings said. "It takes longer to digest."

Complex carbohydrates which may help are rice, potatoes or pasta.

When someone becomes intoxicated, it slows down their metabolic rate. The liver and other organs have a harder time conducting their normal processes. It also drains critical nutrients and vitamins from the body.

Some over-the-counter medicine at health and nutrition stores are designed specifically to help the liver recover from alcohol damage and replenish the system's vitamins.

Lucinda Bedard, co-owner of General Nutrition Center in Bellingham, said they sell one medication for relieving hangovers called "Hangover Formula." The formula sells well and has been requested by customers.

"The medication is a combination of herbs and vitamins that are beneficial to the liver," Bedard said. "It is



designed to protect the liver from the toxic affects of the alcohol."

Although Giddings gives some credence to a lot of these medications, she says they are no cure-all.

"I've seen all kinds of advertisements for hangover remedies — the vitamins and other things," she said. "It's all just kind of helping build your body back to where it normally needs to be."

Senior Sarah Rankin takes a low-key approach of denial when dealing with a hangover.

"When I'm really hungover, I just don't get out of bed," Rankin said. "I need a lot of rest."

Part of the reason for this need to rest is the lasting effects of the alcohol. Giddings said she explains this to students on a number of occasions.

"People would come to me and say, 'You know, I go in to work out after I have gone out to a party Friday night and had quite a bit to drink. I would wait until Saturday afternoon to work out, and I'm tired. I don't have the endurance that I normally do,'" Giddings said. "What causes that fatigue is getting the body systems re-regulated and reorganized again, getting those fuels the body needs again."

Drinking more than one day in a row can prolong the effects of alcohol. Although motor skills return in 12 to 18 hours, physical performance may be affected much longer.

"If someone's really going out and getting drunk, what I tell them to expect is the effects may last anywhere from 48 to 72 hours," Giddings said.

Many people stick to the most basic of cure: orange juice and aspirin. Giddings said orange juice is a vitamin supplement but the aspirin is probably not curing the problem.

"Aspirin helps in general because part of what you're dealing with is aches and discomfort, and aspirin helps deal with that," Giddings said. "But it doesn't necessarily take away the pain — it just makes you not care about it as much."

Giddings has only one true cure-all for the common hangover.

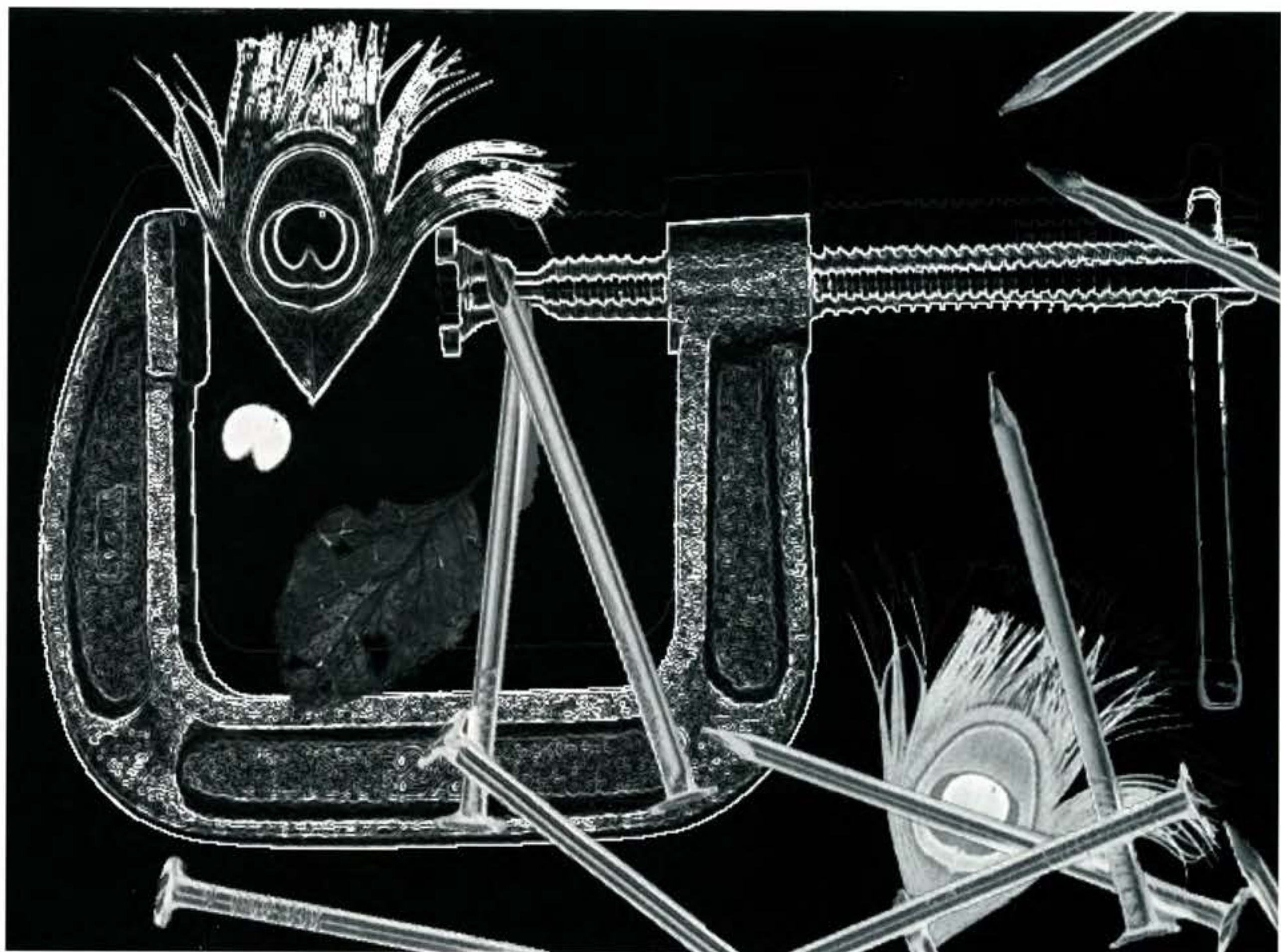
"Don't drink so much." **K**





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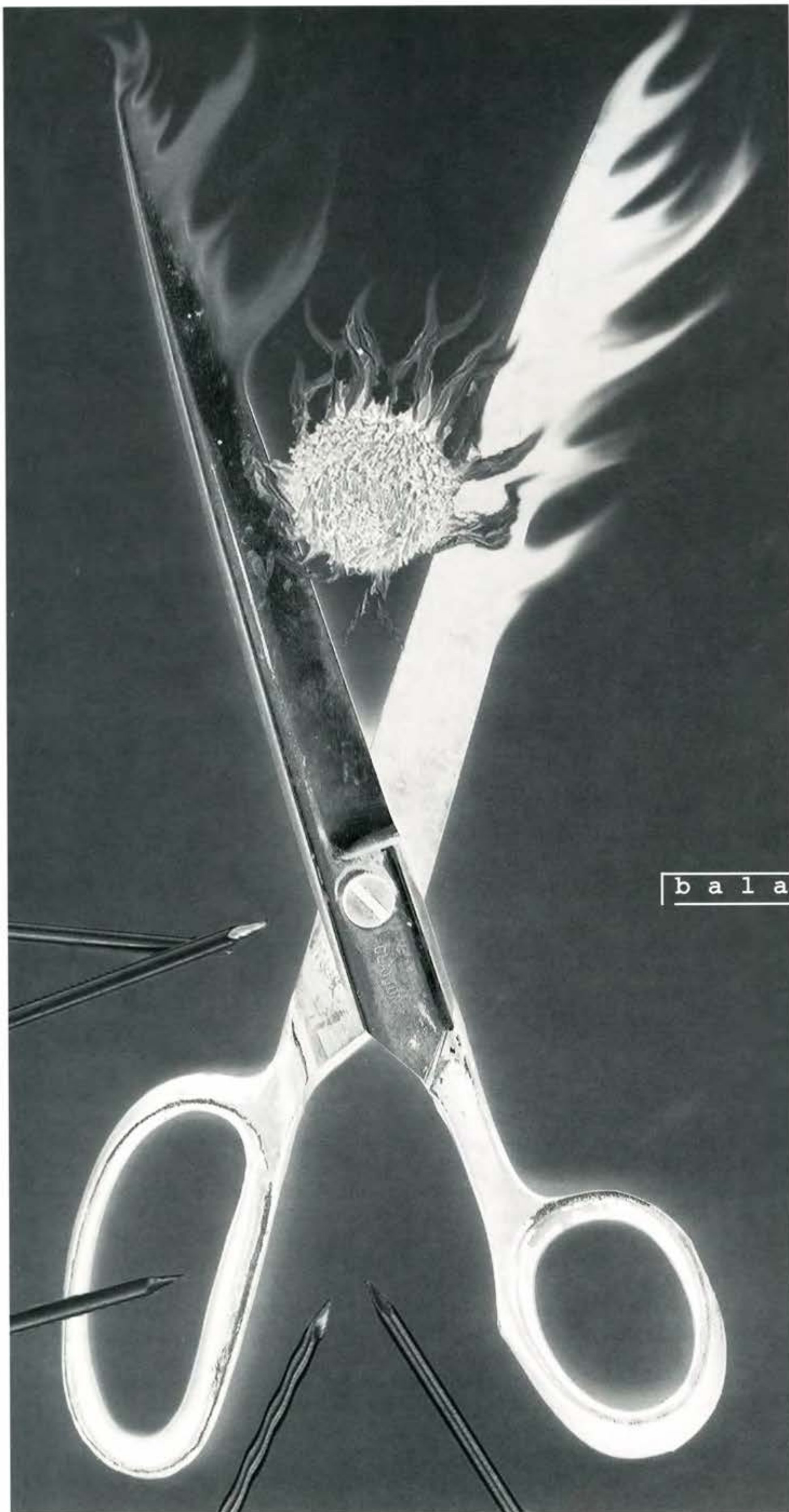
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# Quebec

Two hundred years of frustration, a desire for change and a near-break from the rest of Canada. Will Quebec eventually secede?

BY MICHAEL H. OLSON

*"I would hope that the people who love Quebec so much now will love it after it makes a decision in a democratic way . . . If there is truly so much love for Quebec, I think it could be a tremendous motivation to strike a partnership after (the referendum)," Lucien Bouchard, Oct. 27 1995.'*

**T**his message, describing the strained relationship between the province of Quebec and the rest of Canada, hung outside the door of Jay White's office on the second floor of Western's Humanities building when I went to ask him questions concerning Quebec's recent secession referendum.

In October 1995, about 90 percent of Quebec's population turned out to vote for or against the referendum that would have separated Quebec from the rest of Canada. Nearly 50 percent voted 'yes' to secede, but the referendum was unsuccessful.

Quebec is the largest geographic province in Canada and its French-speaking population is a significant

minority group in the country of Canada, he said. Historically, the French are known as one of the two founding peoples.

White, a Canadian-history professor at Western from the city of Moncton, New Brunswick, said his home province is about 40 percent French-speaking and 60 percent English-speaking.

"I went to a French school. Most of the friends, the people I grew up with, were French speaking, so I learned how to speak both languages."

The French-speaking people from New Brunswick may have more understanding of the problems in Quebec, he said, but diversity even among the French-speaking people exists.

"The French-speaking population in New Brunswick has a different history than the Québécois," he said. "So they don't have too much in common."

Lucien Bouchard, head of the Bloc Québécois separatist party in Canadian Parliament, is charismatic, White said. "And, in the force of his rhetoric and speaking skills, he is clearly the reason the 'yes' side did so well.

"He is trying to present a vision, I

think, for Quebecers," White said. "The ugly side of that is the undercurrent of 'racism' that's implicit in that message. There really isn't any place for those who cannot trace their lineage back to the days of the old regime. There has always been that kind of ugly streak of xenophobia in Quebec society."

## SPARKS OF CONTROVERSY

Just down the hall from White's office, around the corner, I found the foreign languages department. I stumbled upon the office of foreign-language professor Louise-Marie Bouchard, who is from Quebec. She gave me further insight into the Quebec secessionist movement.

French explorers first arrived in Quebec in 1534, she said, and in the 18th century there was a war between the British and the French. The French lost.

"It's called in our history book in French ... La Conquete," she said, "which is the conquest by the English people. Since then, (Quebec) became a British colony, but they were still speaking French, and they were Catholic. So since then, which is more than 200 years,



some French people resent the fact that they live within a country that is English."

Bouchard, who moved to Bellingham from the Eastern Townships in Quebec, one hour south-east of Montreal, says Quebec was historically bilingual, but recent changes have made it less so. Now, French is more predominate, she said.

"Before (1960), the boss in a company was English and the employees were French. So there was resentment," she said.

"In the '60s the French people started to say, 'Well, we can be the boss too.' So there was a resurgence of nationalism — the French wanting to be master in their own land."

Violence flared up in the 1970 October crisis, she said, when a radical group of young men kidnapped a British diplomat and a French-speaking Quebec minister. They killed the minister.

"Trudeau, who was the prime minister at the time, used the War Measures Act to control the situation," she said. "A lot of people in Quebec never forgave him for doing that because it meant (soldiers) could break in someone's house and just put that person in jail."

White said Quebecers don't have anywhere else to go in North America where they can speak French exclusively and feel at home. Therefore, this situation gives them strong motivation to remain united and distinct.

"At the same time they have a fierce dedication to preserving their culture because they believe if they are not fierce, they will be overwhelmed by a sea of Anglos," he said.

The rest of Canada is unwilling to admit Quebec is a distinct society, White said. "It's just common sense that tells you they are. If you know Quebecers you will realize they are, and they do have their own culture, their own mind set."

White said language means a lot.

"If you've ever tried to translate from one language to another you know how difficult it is. If you speak a different language you see the world in a different way," he said.

### TROUBLES ON THE HORIZON

The referendum was an attempt to protect Quebec's culture, Bouchard said. And the people of Quebec want it stated clearly in the constitution that the official language will remain French.

"Distinct' doesn't mean different or better," she said.

"It just means that we don't speak

the same language (as the rest of Canada)."

Some people in other provinces think it means more power for Quebec, she added.

Bouchard said the referendum wasn't written clearly, and it's not certain if it was an attempt to create a loose association with Canada or a totally different country. For example, should Quebecers keep their Canadian passports and money?

"These are things (separatists) kept changing their mind on," she said, "just to have more 'yes' votes from people."

"There are a lot of people who voted 'yes' this time who did not want a separation, who wanted a change within Canada," she added. "In other words they voted 'yes' for change."

White agrees the referendum phrasing may have been confusing to people; It didn't specifically state that Quebec was going to opt for total independence. "They tried to hedge their bets, I think," he said.

"All of the campaign took place within Quebec," White added. "Which is kind of ironic when you think about it, because here's a quarter of the population of Canada making a decision which

"They have to have a provincial election first."

It's really difficult to say how soon the referendum could reappear, but it could be as easy as changing the referendum law, he said.

Bouchard agreed with White's assessment that the referendum could not legally occur until the next provincial election.

Quebec's secession could lead to further secessions in Canada, White said. This might include the eastern provinces because they are physically divided from the rest of Canada, and British Columbia might follow because it is financially secure when compared to other provinces, he said.

"It could be a domino effect," White said. "What is going to happen to the eastern part of the country, these tiny little provinces on the fringe of the continent. They'd be entirely cut off from the rest of Canada."

Mary Ann Hendryson of Western's economics department and Canadian-American studies program, on the other hand, said: "It's not necessarily bad that you have part of your country that's separated by a foreign country. After all, there is Alaska; there is Hawaii. So the

**"It affects us here because so much of (Whatcom) county depends on the Canadian consumer ... Our quality of life in Whatcom County would also be affected ..." — Hendryson**

may spell the end of the whole country. It's sort of like the tail wagging the dog."

During the closing days of the vote, when separatists were sensing that they might have victory within their grasp, their rhetoric kept getting stronger. It kept leaning toward independence, White said.

Now the separatists have laid their cards on the table, he said.

If a similar referendum occurs in the future, he will be interested to see if the separatists change the referendum's phrasing.

If they do, it may be more difficult for the separatists to get 49.5 percent of the people voting 'yes,' he added.

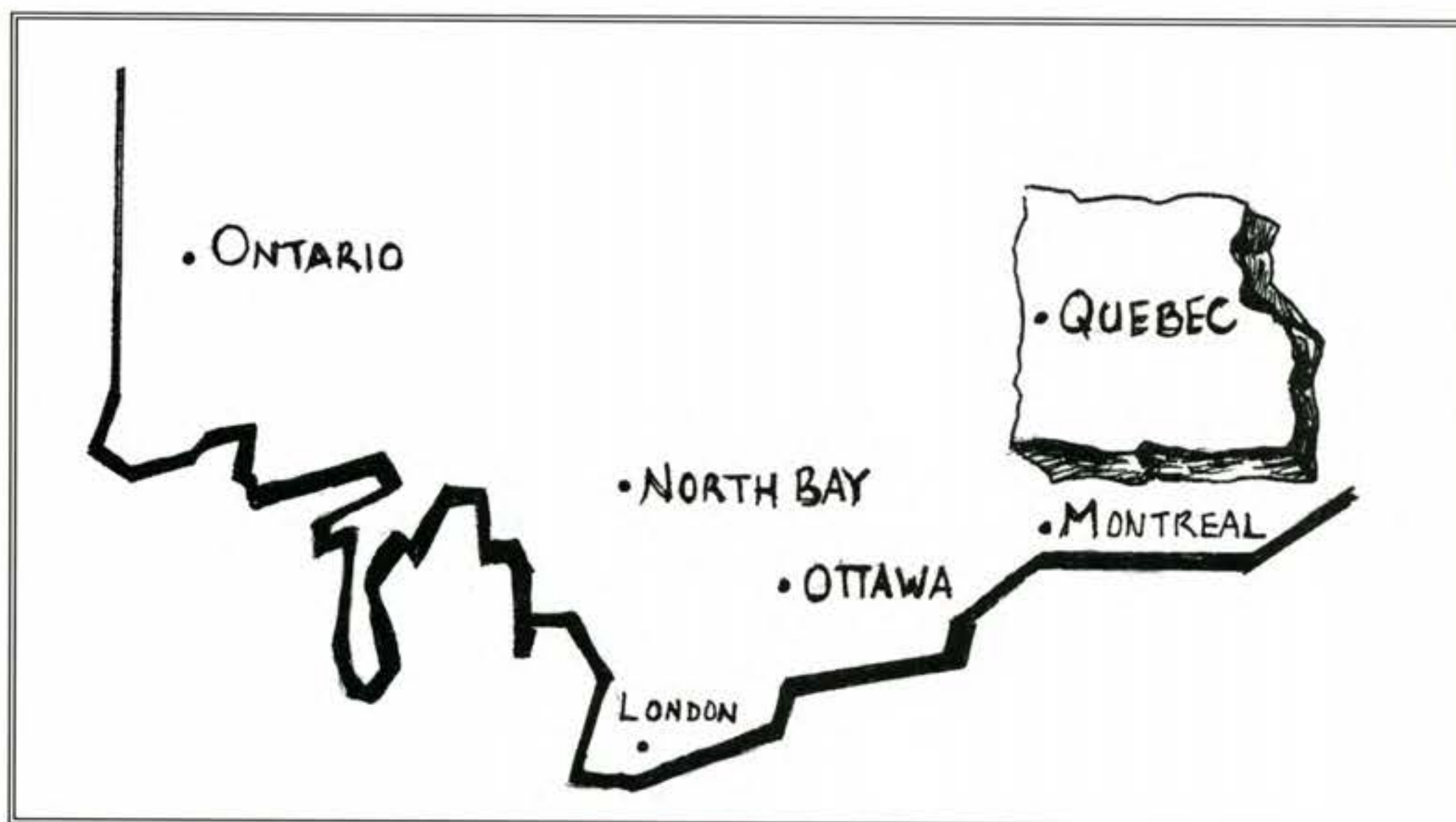
"They are not supposed to have a referendum on the same question within the same administration," White added.

United States has done it fairly successfully. A lot of it depends on the will of the people in Alberta and B.C. Those are the two provinces that could easily go their own way because they have the natural resources to do it; they have a moderate manufacturing base. B.C. has a major port; it's actually the strongest of (the provinces)."

### FINANCIAL CRISIS

According to a May 13, 1995, *Washington Post* article, Canada is one of the most indebted countries in the industrial world. Within Canada, Quebec is one of the most indebted provinces. Both nation and province borrow extensively from international financial investors to cover budget deficits.





Bouchard confirmed this in an Oct. 31 *Western Front* article, saying unemployment for Canada has risen, the economy has declined and the deficit has grown since 1980.

But is separation the answer to Quebec's problems?

Not according to the Vancouver-based Fraser Institute, which released a study estimating Quebec's secession would cost the new country \$106 billion, or \$14,627 for every Quebec resident. This tally included a 25 percent share of the national debt, plus future environmental clean-up costs and other federal commitments, payments on that obligation, plus Quebec's already massive provincial debt. This, says the institute, would make the province the 21st most-indebted country in the world, ranked between Liberia and Syria. The *Washington Post* says these projections are hypothetical, but the potential economic danger of secession is very real.

Hendryson agrees.

"Companies that had invested in Quebec would shut down plants, cash in bonds and those kinds of things," she said. "They would either choose to invest elsewhere in Canada, the United States or other countries."

She said Quebec would be harmed economically at least for the short-term. She predicted this would be several years.

"A lot depends on how Quebec would handle the actual separation," Hendryson said. "You would get some stabilization fairly quickly if the rest of Canada doesn't have some sort of backlash and if the rest of the world is willing to trade with Quebec. Those are huge assumptions, and I would not make them personally."

Hendryson says even if Quebec separates, it would not be the end of its problems.

"Some people think that if Quebec separates, all of a sudden that would make things different than they currently are. (But) why should the rest of Canada give to a foreign country the things they weren't willing to give when they were a part of Canada; that's nonsense," she said.

Despite this, she says separation is inevitable.

"One thing you should realize about Quebec," she said, "is, unlike any other Canadian province, Quebec has a consulate in every major city in the English-speaking world. They have a consulate in London, New York, Washington DC, Minneapolis, Dallas and LA. So they are ready (for separation). They have their own taxing system. The parliament is a national assembly. They have their own civil laws. They go by French civil law, not British law. They have all the structure there. The part of the transition is the monetary part. They claim they will use the Canadian dollar. One of the reasons they're claiming this is to calm fears about people who have Canadian dollars in Quebec. That becomes a very expensive issue for them; this is also a fighting issue. Although Canada cannot prevent them from using the Canadian dollar, they can make it very expensive for them to do so."

"There is no reason the bank of Canada needs to print money to send there," Hendryson said. "If Quebec as a foreign country wants to use the Canadian currency, they have to buy it on the foreign exchange; that becomes very expensive."

She said Quebec having its own currency is no solution either.

"The problem with having their own currency is they need to have something that other people are going to have belief in. When you look at the situation with the Russian rouble you have a situation that would be fairly similar to Quebec issuing, for example, a Quebec Franc."

She said Quebec is banking on hydro-electricity and right now Hydro-Quebec, a government-owned company, is running over capacity.

"They were building up the excess capacity to be able to sell it after they separate to the United States," she said.

White agrees that Quebec is financially burdened and may be banking on hydro-electricity if the province separates.

"The need for electricity in New England is not going to go away," he said, "and the Quebecers are quite confident that if they decide to pursue an independent route it's not going to be too long before the United States would recognize they have to deal with them."

Hendryson said pre-referendum predictions included that the Canadian dollar would drop to 50 cents if Quebec seceded. She doesn't think the Canadian dollar would drop that far, though, unless there was civil war.

"Once that dollar starts dropping, the Bank of Canada will be in there trying to take care of the problem," she said. "They'll also be calling on the United States, Great Britain, France and Germany to help them stabilize. Plus, it's not in Quebec's interest to have a low Canadian dollar — especially if they are going to use it. So you can bet Hydro-Quebec would be in there doing the same kind of thing. So that's why I doubt it would drop to 50 cents unless we have some sort of horrendous civil war equivalent to what is going on in former Yugoslavia."

Initially, if the secession occurs, it might drop 10 cents, she said.

"The dime drop is dramatic enough as it is," she added.

"It affects us here because so much of Whatcom county depends on the Canadian consumer, and it's not just the retail sector. The medical sector also



## The Natives of Quebec

The native people of Quebec had their own referendum in October to decide if they would secede with Quebec or remain a part of Canada, Jay White, of Western's Canadian history department, said.

"They voted overwhelmingly 90 percent-plus to remain within Canada," he added. "This put the separatists in an interesting and rather awkward philosophical quandary in that they were reluctant to grant self-determination to native peoples within Quebec, whereas self-determination is exactly what they want for the Quebec people within Canada," White said.

Native groups include the Inuit of Northern Quebec, Cree of the West, Montagnais of the East and Algonquin of the South. About 25 percent of Quebec's land mass consists of these four tribe's native lands.

"Large portions of Quebec have never been ceded by treaty to white governments," White said. "So the native land claims are rather extensive and include some significant pieces of real estate, including areas that the Quebec government would like to develop for hydro-electricity.

"Should those land claims ever be decided in favor of the natives," he said, "it would reduce the geographical area of Quebec to a rather small piece of territory."

Mary Ann Hendryson of Western's economics department and Canadian-American studies program agrees with White's assessment.

"The first thing that comes to mind are the Cree and the Inuit in Northern Quebec who voted not to leave Canada," Hendryson said. Hydro-Quebec, a government-owned business of Quebec, started two new projects in the James Bay area, she said. The first of these was completed and in the process the company did some unethical things to the tribes, she said.

"The Cree finally figured out they were getting the short end of the stick and got themselves some good lawyers and were able to block the completion of the second plant."

She said she thinks Hydro-Quebec could exploit the situation fully if Quebec separated. This might lead to direct conflict between Quebec and the Quebec natives or the Canadian government, she added.

does. Our quality of life in Whatcom County would also be affected because you have retail stores closing down.

"(Bellingham) stores would shut down. People would lose jobs. Its unemployment rate would probably go up to 10 or 15 percent."

Hendryson said there would be fewer Canadians coming to spend money in the states.

On the other hand, "At 65 cents on the dollar, heck, I'd go up and stock up on some china and go up to Whistler and have a good time. You could do the stuff that right now is very expensive for us to do," she said.

### SOLUTIONS

"I guess it would be good if we could write (the distinct society clause) into the constitution to protect somehow the French language. At the same time I don't want it to be ill interpreted in the rest of Canada," Bouchard said.

The status quo doesn't seem to work, she said. But Quebecers pushing for a French-only country is not the answer. She wants both sides to talk to



each other and come to a compromise.

"But what I'm personally scared about is violence," she added.

"Nothing has been resolved," White said. "I found it very curious how quickly Quebec has disappeared from the attention of the media. I found it very ironic the country put forward this great show of emotion, you know, 'Yes, we love you Quebec; stay in Canada,' and so forth, because there is very little understanding of Quebec society (in the rest of Canada)."

Hendryson is convinced the 'yes' vote will happen.

"They've already tried the peaceful negotiation aspect; it hasn't worked," she said. "Quebec's not going to ask for anything different. The rest of Canada hasn't given it to them; they're not going to give in to them now."

Hendryson's known several separatists for quite some time. She said one of the things they've always said is that separation from Canada will happen, and it does not necessarily have to be peaceful.

"One of the things Americans assume about Canadians is that they're these nice quiet people who always compromise, and in many aspects that's true," Hendryson said, "but this is such a volatile issue. Would there be violence? My answer is 'yes' there would be violence."

She said there would be some sort of violence in the north due to aboriginal issues involving the Cree and Inuit and there would be conflict with Canada. (see "The Natives of Quebec")

"Technically the position of the government of Canada is this: you take what you came with." She got up from her chair and pointed to a large map spread across a wall. "And at the time of confederation all Quebec had is this area of the Saint Lawrence lowlands," she said, pointing to Southern Quebec. "The rest of the stuff they didn't get until the beginning of the century, 'till

**"There are a lot of people who voted 'yes' this time who did not want a separation; who wanted a change within Canada. In other words they voted 'yes' for change." - Bouchard**

1912.

"This is an issue that has been revisited twice in this decade with the Meech Lake Accord and the Charlottetown Accord, and those two items failed. This is an issue that Canadians wish would go away but will not, and there is only one solution — separation. My feeling about this is I wish it would have been a 'yes' vote. I was very disappointed it was a 'no' vote."



# Fresh and full of life

BY STEVE MOHUNDRO

Struck by light, two bleary eyes blink open once, then twice, before turning to glance at the alarm clock. 8:07 a.m. A camera close-up on the calendar informs the viewer that the poor soul has an 8 o'clock anthropology final.

(Sung) "Doo doo doo doo, doo-doo, do-Wah!"

He pulls on some jeans and a sweatshirt, grabs a pair of No. 2 pencils and dons a cap. Before shutting the door (and waking his snoozing roommate in the process), he grabs something from his desk and sticks it in his pocket.

*"It doesn't matter what comes, fresh goes better in life ..."*

Running up the street, the tardy student pauses next to the student bookstore to catch his breath. Looking at his watch for the slightest of moments, our hero pulls out a roll of candied mints and pops one into his mouth.

*"...with Mentos fresh and full of life; Nothing gets to you, staying fresh, staying cool with Mentos fresh and full of life."*

With a smile, he runs into the lecture hall. Close-up on the clock: 8:22 a.m. The professor glances at the student with a look of dismay at his lateness. The student, walking up and picking up the test (with renewed Freshness), just grins at the professor and pops another Mento.

With a small sigh and then a reluctant smile, the professor shows she now knows how more fresh and full of life her pupil is, and justice is served.

*"Fresh goes better, Mentos freshness; fresh goes better with Mentos, fresh and full of life!"*

Before he leans over to begin the Scantron final, the student takes one more look at the professor, and holds out the Mentos roll as a symbol of defiance.

(announcer) "Mentos, the freshmaker!"

(lyrics by John Groves)



## A Phreshness Phenomenon

This scene must be so commonplace in academia, it's hard to believe it hasn't become the subject of a commercial itself. People are familiar with the television commercials, with their catchy jingles and dramatic plots, but many are still in the dark about the true nature of this candy, reverently referred to by some on the Internet as "The Freshmaker."

A group of on-line denizens maintain a FAQ, or Frequently Asked Questions list, about the phenomenon of Mentos. It can be found on-line at the address

Originally written by Heath Doerr and now by others, the FAQ collects observations and anecdotes by literally scores of people about such things as the taste, variety of flavors and the "freshness effect" caused by eating Mentos.

Doerr coined the term "freshness effect" himself to describe the arousal, inventiveness and urge to lose any regard for societal norms that Mentos causes. He attempted to negotiate with the psychology department at Purdue in order to study this effect. "I've asked for \$23,729," he wrote in September, 1994.

When contacted at the Babcock Graduate School of Management at Wake Forest University, Doerr admitted to the nebulous nature of his research proposal. "Well sir, that was what is known as comic license. A fib, a stretch of the truth, or basically, I lied. There was no grant attempt," he wrote.

One can only wonder if Doerr might have been popping a Mentos at the very time he told others of his "research proposal." The question lingers: what is the cause for the change exhibited by people eating what Doerr refers to as "pellets of perkiness"?

## A 'Freshness Effect'?

Each Mentos commercial depicts a young person, good-looking by most (advertising) standards, trying to survive in a tough, adult-oriented world, according to freshness believers. At every turn, someone is ready to thwart these innocent victims of society. What do these poor souls turn to for confidence?

Little 1.3 ounce mint candies. They come in a variety of flavors — some not even mints: mint, mixed fruit, strawberry, cinnamon and spearmint. The ingredients seem innocuous enough and nothing on the package reads "confidence booster," yet dozens of people on-line have sensed the "Freshness" Mentos seem to induce and have sought



to describe it.

In the FAQ, this effect is treated almost as a given — as if the experience is a better descriptor than mere words. In some ways, one might understand this. It may be akin to someone's explanation of the joy of sky-diving — a feeling one can really only experience first-hand before understanding. Apparently, the same must be with Mentos.

Fans of Mentos on the Net have written to the FAQ maintainers about various subjects — flavors found in countries around the world, details from each commercial episode and even costs in various areas of the world, but they avoid speaking about the candy's apparent effects.

"Mentos don't really encourage waxing poetic about the mysteries of the universe. Although it would be cool if they did," Doerr wrote.

He may be right in some regard, but some have been able to convert Mentos into a whole Mentology.

### Fascination or Religion?

The Net has its share of legends (The keyboard-challenged "B1FF!!!"), mythologies ("Make Money Fast!" postings promising thousands of dollars in cash) and cults (Ask a believer about the Linux operating system), and the quasi-religious fervor of fans of Freshness has created yet another on-line faith.

"The Book of the Freshmaker," which was supposedly channeled through "Wednesday Ashkevron, Cheladevaji, via the Holy Guardian Tuit Tuit Tuwoo!", makes the claim that Mentos is larger than anything on our mortal plane. It can be found at

"Dude! Let all who walk near candy stands know with every fiber of their bran, every bond of their tongue, every ounce on their measuring cup, that the Will and the Wand are for all." This is how these supposed sacred words begin.

They go on to tell the tale of "the Mint of Osiris, The Body of Christ, the Host, the Fresh made Flesh," curiously very close to the plot of the commercial Doerr calls in the FAQ, "Psycho Mutant Killer Mom," the teens-in-the-mall episode.

In the Mentos FAQ, someone apparently named "Blah" described the methodical way he believes one should eat Mentos: "Never (ever!) tear the package of Mentos, or they will revolt, spill out into your bag or get lost in your car's glove compartment." Also, "Mentos must be 'born,' squeezed out of the wrapper and gently placed in the palm of the hand." Unlike this Catholic Church-like ceremony, however, most followers seem to be free to develop their own method of re-Freshing themselves.

"Mentos — The Church" is an attempt at a religion based on Mentos. Located at <http://www.btf.com/mentos/index.htm>, its purpose is "to unite those people that subscribe to the basic philosophies of Mentocism. Specifically, to nurture that personal desire to achieve ones goals and overcome obstacles by challenging the everyday conventions of society."

The essence of Mentocism is to use each 30-second commercial as a lesson which can uncover the way a "believer" can remain Fresh and Cool while dealing with the roadblocks created by The

## TerMentology

- FAFOL (acronym) Fresh And Full Of Life.
- Mento (proper noun) A chewy candy produced in Holland and distributed widely in the United States, usually flavored as mint or fruit.
- Mentoite (proper noun) A person who achieves Freshness on a regular basis.
- Mentophile (proper noun) A person who understands the many entertaining aspects of Mentos, and their all-important contribution to Western Civilization as we know it.
- Mentosis (noun) The state of being mesmerized by someone who has just eaten a Mento.
- Momentos (noun) A roll of Mentos obtained in another country as a souvenir.

Establishment. With references to "holy Sacramints" and "blessed mints," the Church of Mentos gives believer and skeptic alike much to chew on.

### What Does it All Mentos?

To some, believing in Mentos is all that matters, but to many contributors to the FAQ, gleaning some concrete meaning from the commercials — and an application of that meaning — is the ultimate goal.

Jim Howard, a contributor to the FAQ who could not be reached due to an expired e-mail address, suggests that the reason these so-called "wonderful wands" provoke such a response is because they really represent a "politically correct substitute for the one-finger salute." It could be possible — in the situation of the tardy student. Can one not see the hero holding back the urge to flip off the professor because of stress-related frustration and instead using Mentos as an alternative appendage?

Sigmund Freud would probably have a field day with the phallic nature of a Mentos roll. Something about grasping a rod-like object with a look of pure rapture and defiance does invites some intriguing commentary, but this connection has thus far not been addressed by any on-line psychologists.

Mentos may be known to many as just a series of annoying, and often perplexing, advertisements, but to the maintainers and contributors of the FAQ it is something to study, perhaps revere, but most of all to strive to understand.

In what must have been a state of weakness — "(I) am ... blind with drink," he wrote — Doerr addressed the serious nature of Mentos and "Freshness" itself. "You never want to insult anyone, and let me tell you, I've had the chance. Thank God most people get the joke."

Just don't tell all Mentos disciples it's a joke, or they might go after non-believers like the Inquisition (nobody expects the Mentos Inquisition!) and explain it away with the subject of their faith, the roll of rolls. **K**





# From the home office in Bellingham, WA...

## The 5 worst sites on the World Wide Web

This is a collection of the five worst sites on the web — number one being the worst. Unfortunately, this must be looked at as a work in

progress. For, in the few days it took to compile this list, hundreds more sites like the ones below were created.

**5** For the beginning burglar comes the Lock-Picking Page (<http://k2.cwru.edu/~kxs67/lockpick/>). Every parent's dream, this page includes information on the tools needed, how to identify different locks and how to pick several different kinds of lock — from pin tumbler locks to tubular cylinder locks to the ever-popular mushroom and spool pin tumbler locks.

In the introduction, the author mocks television lock-pickers (How dare he mock Magnum P.I.). "It amuses me to watch spies and thieves on TV picking locks using only one tool (the author later explains it requires two tools). But it is better in a sense. If everyone learned how to pick locks by watching TV, we would all be at the mercy of anyone who wanted to steal from us."

Now everyone is at the mercy of any 12-year-old kid with a personal computer and a nail file (oops, make that two nail files).

**4** If lock-picking isn't interesting enough, how about cows? That's right, a web page devoted entirely to cow news and views. Cows Caught in the Web (<http://www.brandonu.ca/~ennsnr/Cows/>) brags to be "the first Web cow page!" It's certainly the most comprehensive cow page.

This site includes pictures of cows (from real cows to stuffed cows), cow trivia (Feb. 18 is the anniversary, in 1930, of the first flight by a cow in an airplane. Elm Farm Ollie produced milk which was then parachuted down over St. Louis, MO.), a cow price guide, the word "cow" in foreign languages ("Moohaki" in Guam) and a sampling of cow sounds. All this and it provides a link to CheeseNet.

**3** INDOLink Astrology offers the discriminating Web browser OJ's Vedic Astrology Analysis Home Page (<http://www.genius.net/indolink/Astro/ojSimps1.html>). According to the astrological analysis, conducted by Anjali (anjali1@aol.com), OJ "benefits from very prominent Venus, Sun and Mars, but his Saturn, Mercury, and Jupiter energies are weak ... Rahu is conjunct with Mars giving him a tendency for quick and impulsive actions."

So how did Anjali predict the outcome of the trial? "... I had mentioned in predictions posted on Oct. 1, Mr. Simpson could benefit from a favorable Moon on Oct. 1 and 2." Not only was that prediction correct, but the "trial ended just as Transit Mars and Natal Jupiter (not to be confused with regular Mars and Jupiter) became conjunct in lunar 8th

BY MIKE BRENNAND

house, which is house of death or endings."

**2** The Unofficial Rush Limbaugh Page This site (<http://www.rtis.com/nat/pol/rush/>) includes a section called

"Rush: The 35 Undeniable Truths" as read by Limbaugh on his radio show Feb. 18, 1994. Among the words of wisdom attributed to Rush on this Web site are:

- The most beautiful thing about a tree is what you do with it after you cut it down.
- Ronald Reagan was the greatest president of the twentieth century.
- Women should not be allowed on juries where the accused is a stud.
- Feminism was established as to allow unattractive women easier access to the mainstream of society (and talk-radio was created to allow ...).

• If you commit a crime, you are guilty.

Also part of the page are "The 14 Commandments of the Religious Left", "Rush Limbaugh's List of Clinton Campaign Promises" and, for the very brave, "The Rush Limbaugh Sound Archive". The page even gives the browser an opportunity to email Rush. His address, for those with time to kill, is 70277.2502@compuserve.com.

And the worst Web site found so far ...

**1** The Ricki Lake Home Page (<http://www.spe.sony.com/Pictures/tv/rickilake/ricki.html>). Right off the page tries to flatter its way into the browser's heart, "Do people say you look like Ricki Lake? You could win the Ricki Lake look-a-like contest!"

In addition to the contest, this site allows the browser access to Ricki via all forms of media. Pictures of the talk diva can be downloaded as well as video clips of show promos, audio clips from the Queen of talk and, perhaps most informative, a list of topics for upcoming shows.

A sampling of some actual Ricki Lake show topics (the longest show titles in the 'biz, besides Tempestt) as seen on her home page:

- "Listen, Family, I'm Gay ... It's Not A Phase ... Get Over It!" (11/20)
- The sensitivity of Ricki Lake shines through in the show "Girl, You're Easy ... Because You're Fat ... Respect Yourself ASAP!" (11/21)
- And finally, the hard-hitting installment of "Fashion Police Makeovers." (11/24) As the Lake biography section of the page states, "Ricki Lake's poise, intellect (see the "You're Easy Because You're Fat" show) and irresistible charm have catapulted her program into a major hit with viewers of all ages." The audio section of her page has such classic chants as the "Go, Ricki, Go!" and the "The Ricki Rap" available for downloading.





# Seasonal Affective Disorder

*More than just the winter blues*



PHOTOGRAPHS BY ELLEN KELLOR



KRISTI KITELEY and JOSIE STROUD

Maureen Johnson recalls having panic attacks in crowded places and while driving. "All of a sudden I'd just stop breathing and I'd get hot flashes," Johnson said. She couldn't drive or go out of the house alone.

Johnson wondered for 18 years why she felt suicidal, cried a lot and had problems sleeping during the winter months. For years she suffered from severe depression, but it wasn't until three years ago that her doctor diagnosed her with Seasonal Affective Disorder (SAD).

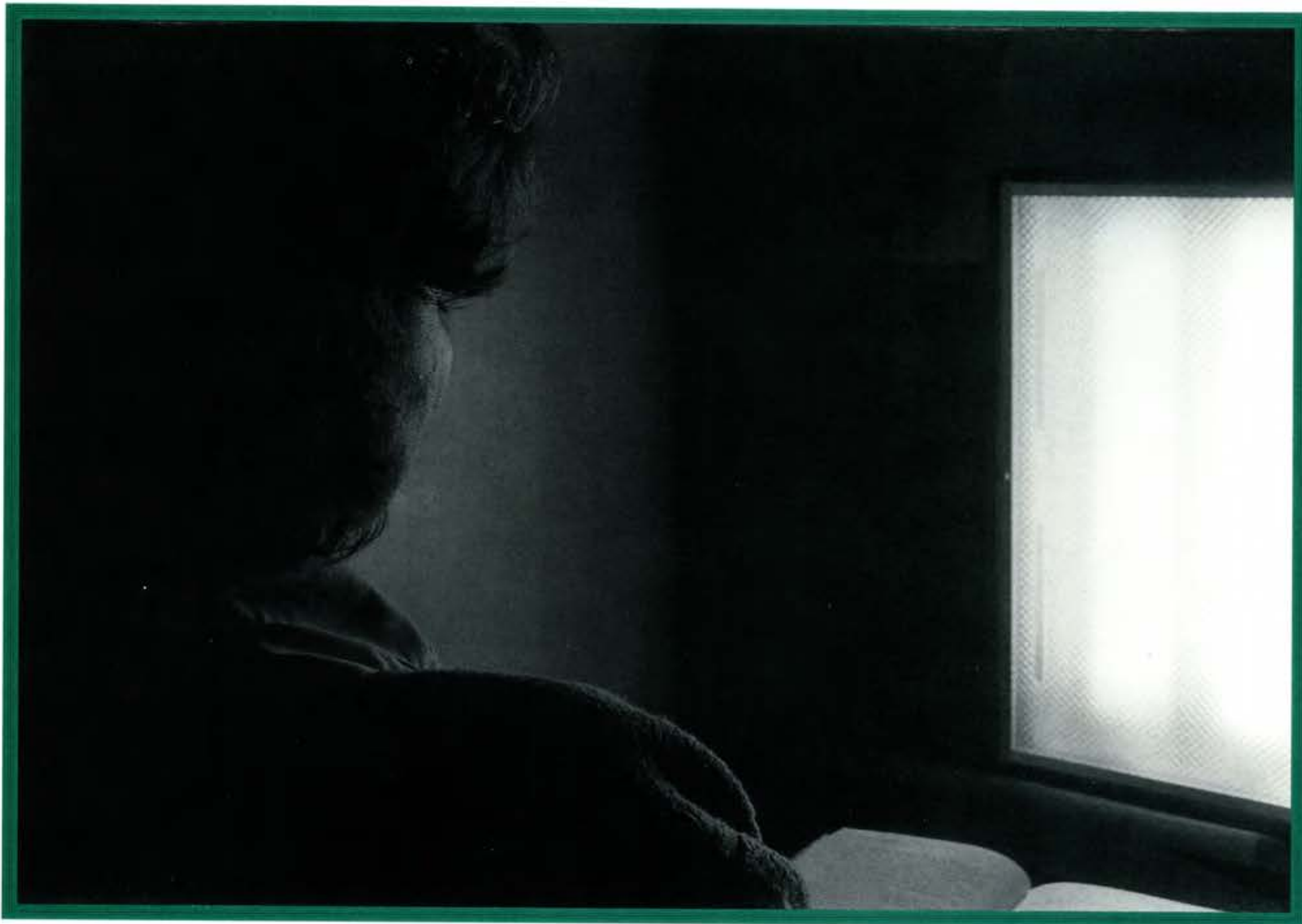
Johnson, who has worked in the field of law for the past 25 years, recalled feeling helpless as the days got shorter and wondering what was wrong with her and why she was having so much trouble getting along with people.

"I lost a lot of friends and family over this, not knowing what it was," she said. The severe depression began at age 31 and continued for years undiagnosed, she said.

She began noticing that her depression often started in September, and was the worst in December. She recalls having trouble getting out of bed and hiding her depression from her husband Bob.

"I remember turning my back on him and doing dishes, so he wouldn't see that I was crying," she said. She didn't like to go outside





*Faye Hayes, a Bellingham counselor, reads as she demonstrates the use of a light treatment box.*

during the winter months either. "My husband literally had to drag me out of the house."

Maureen Johnson is not alone. Some studies estimate that as many as 35 million Americans suffer from SAD. Sufferers feel chronically depressed and fatigued and want to withdraw from the world and avoid social contacts, according to a public information brochure from the Society for Light Treatment and Biological Rhythms (SLTBR), located in Wheat Ridge, Colo.

Johnson said it is important for people to be informed about the disorder. "People need to realize you're not crazy. You're not a mental case. You're just going off the deep end because you're not getting enough light."

Lack of natural light seems to cause the onset of SAD. Natural light contains a nutrient that raises serotonin levels in the brain. Serotonin is a neuropeptide chemical that has been shown to alleviate or prevent depression, according to a November 1995 article in *Health Wisdom for Women* by Dr. Christiane Northrup.

Natural light that hits the retina is transmitted to the brain, where it starts a series of highly beneficial interactions within a person's endocrine, immune and central nervous systems. The end result lifts the person's mood and ultimately enhances that person's overall health, according to Northrup's article.

Faye Hayes, a Bellingham counselor and psychotherapist, said about three-tenths of the people she counsels have SAD.

She said the first demonstration of the clinical effects of light treatment was done in the early 1980s. Psychiatrists, family doctors and therapists began doing studies, and the number of studies increased greatly year after year, she said.

Hayes' patients who have the disorder sit in front of a light box, which looks similar to a suitcase, for anywhere from 15 minutes to three hours a day during the winter months.

Hayes said it is important for people to realize that they need to sit 18 inches to 3 feet in front of the light for it to be effective. People also need to be aware that the light box should be ultra-violet

protected, and have an output of at least 10,000 luxes. "Intensity is what matters," she said, noting that light boxes can cost anywhere from \$180 to \$400.

The SLTBR brochure said the organization does not recommend any particular lighting product for clinical, research or general purpose use. The organization also urges patients to seek the advice of an experienced clinician regarding the use of bright light for treatment purposes.

Hayes said that people can notice a difference in how they feel as early as four to five days after beginning light treatment.

"Bright lights seem to make the internal body clock work correctly," she said, adding that sunbeds do not work for light treatment.

She said many patients use the lights in the morning as soon as they wake up and combine therapy and medical treatment.

Johnson said the lights have helped her immensely. "My husband just can't believe the difference," she said. "I don't have to push myself a lot to get up."



Johnson, a 49-year-old legal secretary, said she often has trouble focusing on her work when it's gray outside. "I may get quiet, or cry, or ignore my co-workers to focus on what I'm doing," she said. When that happens, she uses her light box in the early afternoon to help her focus.

Northrup's article states that SAD is often considered a "women's disorder" because it affects four times as many women as it does men. Females in their 20s and 30s are most susceptible, though anyone can be afflicted.

Studies indicate about three times as many people suffer from "winter doldrums," a sub-clinical level of SAD. These people notice the return of SAD-like symptoms and are bothered by them, but remain fully functional. As much as 25 percent of the population at the middle-to-northern latitudes of the U.S. experience "winter doldrums," according to the SLTBR brochure.

Hayes said SAD most commonly shows up in people 21 to 37 years old, and 83 percent of people with SAD are women. She estimated that 25 percent of the people with SAD live in the middle to northern latitudes.

She said some places have higher numbers of SAD cases, such as Washington, Alaska, Finland and Norway.

"You might have 1 to 2 percent of

the population in Florida with SAD, and the numbers increase greatly as you move north," Hayes said.

Johnson, who lives in Blaine, said she has often dreamed of moving to Alaska. She was discouraged at first because of the long winters there, but she has become more optimistic about the possibility of moving there.

"A lot of people up there have SAD, and they just take their lights everywhere with them," she said.

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**"People need to realize you're not crazy, you're not a mental case, you're just going off the deep end because you're not getting enough light."**

**— Maureen Johnson  
SAD survivor**

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Hayes said using lights is a good treatment method, and there are other treatments as well. "Most people with SAD should be outside at least a half an hour a day," she said. "That would be ideal."

She said the first cases of the disorder were diagnosed in the early '80s, but since then, the number of cases has

increased dramatically.

"The more people know about this, the more people we're finding," said Hayes, who has a master's degree in social work from the University of Washington and a bachelor's degree in physical and mental health.

She said most people in Washington notice depression in October or November, but sometimes not until the shortest days in December.

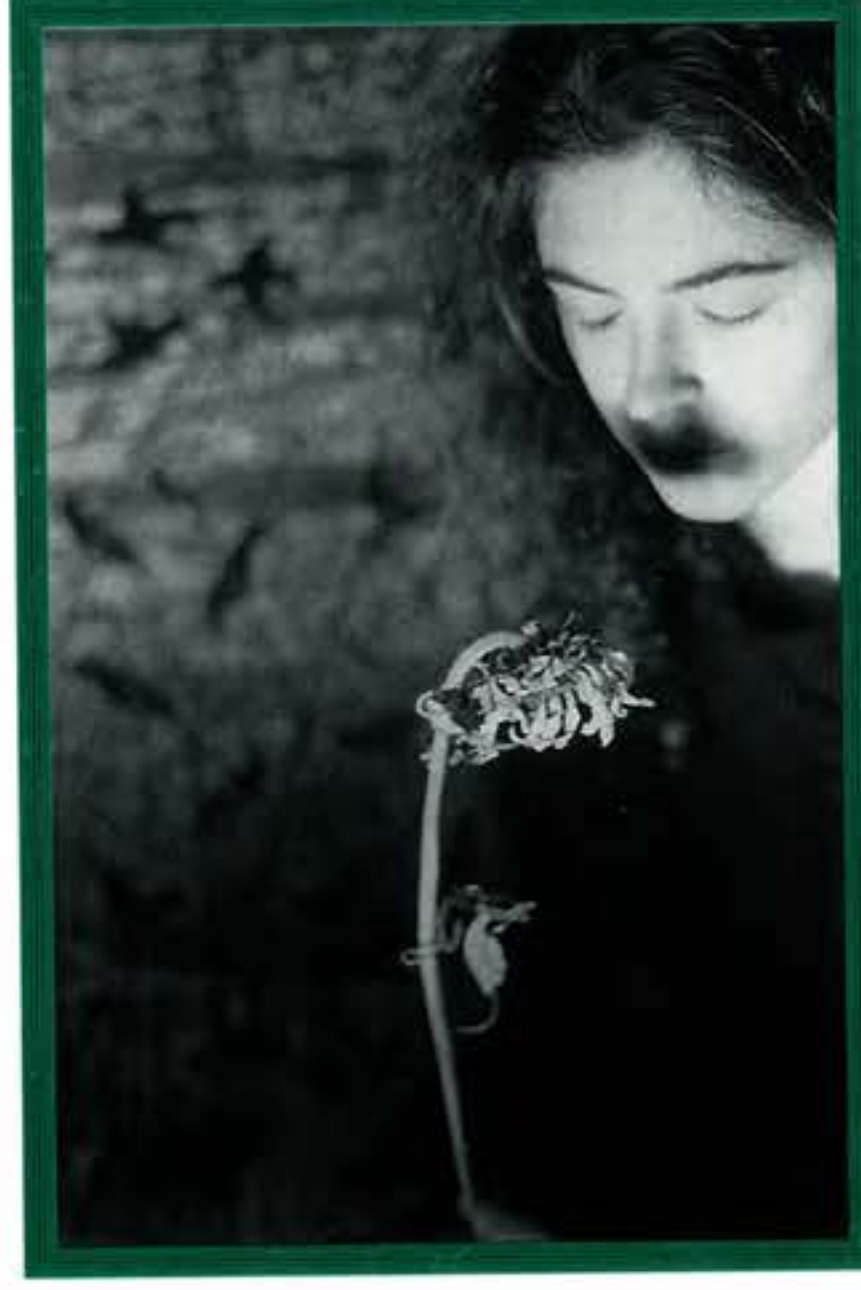
"It's like the body wants to go into hibernation and just shut down," Hayes said.

Johnson said she usually has about three good months, between May and July, when she feels like she has energy to burn. Then she feels her energy slipping away slowly.

Hayes said three times as many people suffer from sub-clinical forms of SAD, such as minor depression, cravings for starches and withdrawal.

People with SAD suffer in extreme the kinds of changes that many others experience to a much lesser degree in wintertime. Although the symptoms of SAD are often severe, Hayes said the treatment can be simple.

If the light treatment alone doesn't work, patients may also be prescribed medications such as anti-depressants, Hayes said. Patients should also exercise, go outside in the natural light — even on



*Seasonal Affective Disorder sufferers often feel chronically depressed and fatigued during the winter months, due to the lack of natural light. SAD sufferers may also want to stay in bed and avoid social contacts.*



cloudy days — and watch what they eat to help avoid depression, she said.

A balanced diet of proteins, complex carbohydrates, vegetables and fruits often helps. Many people with SAD crave carbohydrates, Hayes said.

Johnson said she craves breads and pastas in the winter. "You definitely crave the carbohydrates," Johnson said. "You definitely want that."

Hayes warned about acting on the carbohydrate cravings. "They may feel better after loading up on carbohydrates, but two to three hours later they will be lethargic," she said.

Michael King, associate director of Western's counseling center, said the counseling center can help to diagnose SAD. He said treatment is pretty straightforward and often involves counseling, lights and seeing a medical doctor.

King said a case of SAD at Western comes up maybe once a year. Most people do, however, experience winter blues, a sub-clinical form of SAD.

"It's not SAD. It's winter. The days are short, the weather's crummy, there's midterms and the end of the school year is nowhere in sight," King said.

Johnson said people who think they may be suffering from SAD should talk to a doctor, especially if they have been diagnosed with depression.

"Get a second diagnosis and get referred to a good counselor who specializes in SAD," she said. "A lot of these things are very scary," she said, referring to her panic attacks and feelings of helplessness.

She urged people who think they may have SAD to seek professional help in dealing with it.

"Doctors are becoming more aware of it now, and that's encouraging," Johnson said, adding that people need more literature and information about the disorder.

"I think people should be more aware of SAD because it's out there and it's curable by lights and other treatments."

She still has minor panic attacks in crowded places, but knowing what is causing them has had a great impact on her life.

"I was a total basket case before that," she said. "I'm sure glad I know what it is because it sure changes your life." **K**

## Seasonal Affective Disorder Symptoms

- Weight gain.
- Changes in sleep.
- Difficulty getting out of bed, especially on short, dark days.
- Increased sleep, sometimes up to as much as five hours more each night.
- Fatigue.
- Waking up feeling tired, not rested.
- Depression.
- Frequent crying.
- Withdrawal.
- Change in appetite.
- Cravings for sugars, carbohydrates and starches, such as pasta.
- Decreased activity.
- Decreased sexual drive.



ILLUSTRATION BY KELLY JACKSON



# Baby, you can drive my bike

## Western grad invents Electric Super Cycle

BY KARL SCHWEIZER

Bicycles today are lighter, faster and fancier than ever. Yet they still require considerable muscle power to pedal. Ride one up the hills surrounding Western and you're likely to get soaked with sweat.

All this could change with the advent of the Electric Super Cycle, an electric bike invented at Western's Vehicle Research Institute (VRI) by recent graduate Denet Lewis.

Electric bikes are nothing new, but this one, Lewis claims, has more power and range than its gutless counterparts elsewhere. This one, he said, could do 30 mph over a 15-20 mile range, enough to be a practical means of short-distance commuting and in-town trips. Skeptic that I am, I had to see it for myself, so Lewis took me to the VRI garage where he had parked it.

Upon seeing it, I realized it wasn't a bicycle at all, but a tri-cycle. The Electric Super Cycle had three wheels. It was rather low to the ground, so much so that when I sat in it, it felt distinctly familiar, like the plastic "Hot Wheels" toy I rode during the bygone days of childhood. I decided not to ask Lewis whether it had a remote control.

The "toy" impression faded fast when I touched the throttle. The cycle responded immediately, taking me to a comfortable 10 mph in the parking lot behind Arntzen Hall. Then I pulled into the street and pushed the throttle all the way in. The Electric Super Cycle leapt forward, and within seconds I was hurtling down the street at 29 mph. This is no problem on a moped, but at 2 feet off the ground I really noticed how the rocks in the street began blurring together. The experience was not unlike riding in a go-kart, except for the noiselessness of the motor. The only sound was of tires rolling on the pavement. The ride was smooth and fun.

Lewis designed and built his Electric Super Cycle in the spring and summer of this year at VRI under the supervision of VRI director Michael Seal.

Seal first met Lewis at the 1990 World Solar Car Challenge, a 3,000-kilometer race across Australia. Seal was part of the contingent representing Western, which had entered the race. Lewis was competing in the race for Konawaena High School of Kealahou, Hawaii, where he, as president of his school's Solar Car Team, had helped design its entry. Both schools' vehicles used the same type of motor, so Western was able to help the high



*Western graduate Denet Lewis claims his electric bike has more power and range than similar bikes.*

PHOTOGRAPHS BY ELLEN KELLOR



school with some of its motor problems, Seal said. Other factors also drew the two teams together.

"We were down there and we got to know some of Western's team," Lewis said. "To be honest, we had a fair number of females on our team, which attracted a lot of college attention."

Lewis' high school became the first high school to ever complete a World Solar Car Challenge, placing 18th out of 36 cars, all of which cost more than the high school's \$50,000 entry. The cheapest competing car had been built on \$250,000 budget, and some competitors had multi-million dollar budgets, Lewis said.

Lewis then applied to Western in order to work on its solar cars and was accepted. He became interested in electric bicycles in his sophomore year, when he saw one that Seal's son-in-law had built. Lewis built a bike based on the model he had seen. Then, last year, he designed and built an electric trailer that attaches to a standard bike and can push it at up to 21 mph. But nobody liked it.

"People ride it and say it works fine, but they don't like the idea of pulling a trailer around or having a trailer pushing them around, even though it works very well," Seal said. "The Super Cycle, the three-wheeler, seems to be more attractive. People like that. Of course, it's higher performance."

An average bicyclist puts out one-half horsepower over time, Seal said. The Super Cycle's two horsepower represents four times that power.

The cycle uses two lead-tin cell batteries for power, each costing \$80 to \$100, and is able to be fully charged up to 500 times. The batteries store more electricity and put out more power than conventional automobile batteries. They also use a solid cell, which Lewis chose for safety reasons.

"In the horrible event that the bike is involved in an accident, at least you don't have to worry about having battery acid spill all over," he noted.

The batteries are located behind the driver's seat. A large red chest on the back of the cycle is purely for storage, though people who see the vehicle at first assume the chest holds batteries or

a motor. The cycle's main difference from other electric bikes, other than power, is its recumbent design. Having three wheels and being low to the ground gives it more stability than two-wheeled bikes, Lewis explained.

Lewis said a few models of electric



*The Electric Super Cycle uses two lead-tin cell batteries, which are able to be charged up to 500 times.*

bicycles already exist, but are too weak.

"Nearly all the designs out there use an inefficient drive system, which they also causes excessive tire wear, but also don't have enough batteries, so if you want to go uphill you drain the power quicker," he said. Lewis said he was proud of the fact that he'd taken his

cycle up Sehome Hill and Alabama Hill on the same charge without difficulty, and it still had power left to commute to Western.

The reason Lewis develops electric bikes is because it's fun, he said, but noted that he also is interested in designing environmentally friendly forms of transportation.

"One of the main things I'd like to do is to get people to think about getting off of their scooters and onto something like this. Scooters typically mix oil and gasoline and are actually quite dirty. In fact, a lot of them are dirtier than new cars, so if they switched to an electric bike or scooter there would be a big improvement.

"I don't see this as a total replacement for the automobile," he said. "I see it as a substitute. The best analogy would be a microwave oven and a conventional oven. You don't buy a microwave oven to replace your conventional oven. You buy it as a supplement. It does a little bit different thing and it's better at what it does."

Lewis envisions the bike as useful for commuting professionals, college students, people who are physically unable or barely able to ride a conventional bike, and people "who just want to have the latest and greatest things on the block."

Right now the bike is still expensive. Lewis estimates it would cost \$2,000 to hand-build one. But that price could drop to nearly half if he can mass-produce them, he said. He also noted that the batteries need to be replaced infrequently, and the bike doesn't require fuel.

Lewis is now working for Carbon Frames, a bicycle manufacturer based in Santa Cruz, Calif., where he and Carbon Frames owner Craig Calfee are developing a two-wheeled electric scooter.

He said he plans to also sell his three-wheeled Electric Super Cycle. However, large-scale production of any model of bike will only occur if the company's marketing studies indicate a demand for it, and if Lewis and Calfee can find a manufacturer. Carbon Frames lacks the ability to produce electric bikes in large quantities. Lewis said he will seek a manufacturer in Asia to mass-produce the bike he and Calfee develop. **K**



# Is electric transport realistic?

BY KARL SCHWEIZER

Electric vehicles are on the minds of every vehicle manufacturer who wants to sell in California, the US's most populous state and its largest market for automobiles. Beginning in 1998, 2 percent of all new cars sold in California must produce zero emissions, thanks to a ruling by the state's Air Resources Board. By 2003, 10 percent of new cars must be zero-emission.

Right now, the only cars that can do that are electric ones. The problem, says Michael Seal, director of Western's Vehicle Research Institute, is that nobody wants to buy them. Electric cars simply cost more and do less than gasoline-powered vehicles.

"Electric cars as we know them today are expensive and quite limited in what they'll do. The ones that do most are the most expensive, costing \$30,000 to 100,000 dollars,"

Seal said. "People willing to lay down that kind of money aren't willing to accept very much in the way of limitations."

Expensive electric cars will only perform comparably to the cheapest gas-powered cars, and

cheaper electric cars do even less, Seal said. An electric car requires 1,000 pounds of batteries to store the energy found in a single gallon of gasoline, Seal said, although an electric motor's superior efficiency allows it to access between 70-90 percent of that stored energy, compared with a gas-burner's wasteful 12-20 percent. Even so, batteries are heavier than gasoline. So far, it still isn't possible to put enough batteries in a car to hold as much energy as one tank of gas. This lack of energy puts a limit on range.

"The best of electric cars can do, realistically, something like 50 miles per day. For a trip of more than 30 miles, people take their gasoline car," Seal said.

Electric bicycles, on the other hand, are much more attractive than electric cars because of their lower cost. Seal said some people already spend more money on regular bikes than the \$2,000 that the Electric Super Cycle sells for, noting the case of an acquaintance who had just paid \$8,000 for a premium conventional bicycle.

Seal also said people who ride bikes to work often do so in order to help the environment, but not all people who would like to help in this way are physically able to do it.

"I tried cycling to work. Going home is fine. It's downhill. However, that grade up 21st Street really gets me.

And if I had the electric cycle and I could power up that grade, it would make it a much

more attractive sort of proposition for me."

Seal observed that electric bicycles are more likely to appeal to conventional bicycle owners than electric cars would to owners of conventional cars.

Another advantage of electric bikes over electric cars is their smaller size, said Denet Lewis, who developed one such bike here at Western. Bikes don't generate the traffic hassles and parking problems of cars, electric or conventional, he said.

Finally, you can't be stranded on an electric bike, Seal said, because you can always use the pedals. Running out of power is a big fear of people using electric cars, Seal said.

Seal suggested that California modify its law to allow the sale of a certain number of electric bikes to substitute for the sale of one electric car. This would create an incentive for automobile manufacturers to sell these bikes, especially if they prove more marketable than electric cars.

"I think electric bikes will be the first real mass use of electric transportation," Seal said.





